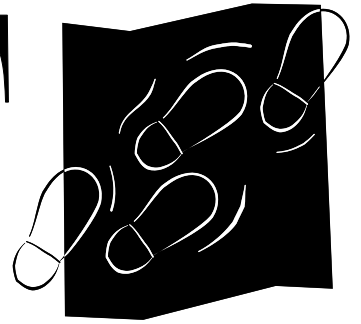




# FOOTPRINT



Senior Division Edition November 2018

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

## Thank you to our helpers at the Bunnings BBQ

Who knew that 60 loaves of bread would be about 4 loaves short for a Bunnings BBQ! We had a great day and everyone who turned up pitched in enthusiastically. We cleared just over \$1300 which is a real boost to our funds for athletes going to national competition in Cairns and Melbourne late November & early December. A thank you to the following families Brown, Amy-Wilson, Lowe, Chandler, Smith, Stevens, Da Silva, Arcus, Tall, Brunsch, Sun, Forster, Davis, Wade, Faulkner, Williams, Atkinson-Howatt & Bergfield.

## See inside starting page 12 for all the results from the Athletics NSW State Relay Championships

Our final Fundraiser is a BBQ & Cake Stall at Dunbar Park this Saturday 1<sup>st</sup> December. Email [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) if you can help.

*Below; we had five Faulkner's turn up to help Phoebe, Trent, Mitchel & Patrick and Charlie below who gave the BBQ a big thumbs up.*



## Senior Registration Fees 2018/2019

Athletes wishing to register as a Ryde Senior athlete can do so by going on line at [ANSW](http://www.answ.org.au).

All Ryde Little Athletes in the age groups U12 and above who register for Little Athletics for the 2018-19 can also register as Ryde Senior Athletes as well for no additional fee and you don't need to take any further action to register as a Senior. U12 and up athletes will get two copies of the same number and they can be used for both Little A & ANSW Competitions.

Fees for Senior registration are as follows

**Opens - \$190**

**Age Concession 60+ (pensioner/senior card) \$150**

**Junior Athlete 15-19yrs -\$165**

**Youth Athlete 14yrs & Under - \$130**

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

**Families – one or two adults & multiple children - \$380**

**Ryde U12-17 registered Little A's – free**

For athletes who compete for non Ryde Little athletics clubs you will need to pay your \$40 membership fee via bank deposit directly to our bank account. These fees helps contribute towards the cost of us entering Senior Relay teams in track, field and cross country, our ANSW affiliation fee, equipment, trophies and end of season expenses. For further details email [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)

**Athletics New South Wales 2018/2019**

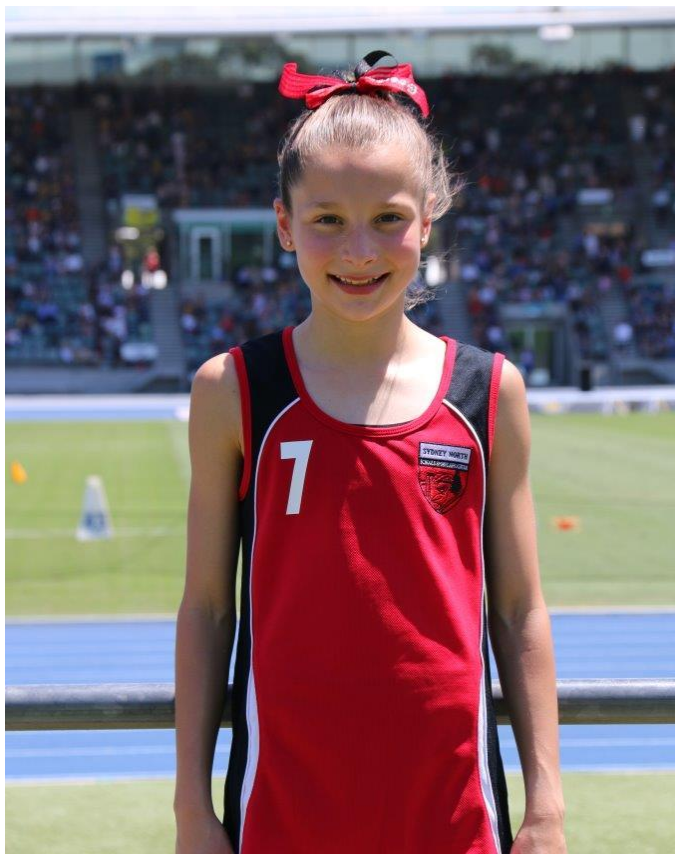
| Date         | Event   |
|--------------|---|
| 27-30 SEP    | NSW All Schools Championships                 |
| 6 OCT        | NSW 10000m Championships                      |
| 20 OCT       | 10000m Racewalk Championships                 |
| 10 NOV       | NSW 3000m Championships                       |
| 24-25 NOV    | NSW Relay Championships                       |
| 15 DEC       | NSW Club Championships                        |
| 24-27 JAN    | NSW Country Championships                     |
| 25 JAN       | Hunter Track Classic                          |
| 2 FEB        | NSW 5000m Championships                       |
| 2-3 FEB      | Combined Events Championships                 |
| 8-10 FEB     | NSW Masters Championships                     |
| 22-24 FEB    | NSW Junior Championships                      |
| 23 FEB       | Sydney Track Classic                          |
| 8-10 MAR     | NSW Open Championships                        |
| 2 DEC        | Australian 50km Race Walking Championships    |
| 7-9 DEC      | Australian All Schools Championships          |
| 10 DEC       | Nitro Schools Challenge                       |
| 13 DEC       | Zatopek:10 (10000m Championships)             |
| 25 JAN       | Hunter Track Classic                          |
| 27-28 JAN    | Canberra Festival of Athletics                |
| 27 JAN       | World Cross Country Trial                     |
| 28 JAN       | Canberra HP Meet                              |
| 3 FEB        | 20km Race Walking Championships               |
| 8-10 FEB     | Australian Capital Territory Athletics Champs |
| 8-10 FEB     | Tasmanian Junior Athletics Championships      |
| 15-17 FEB    | South Australia Athletics Championships       |
| 15-17 FEB    | Western Australia Athletics Championships     |
| 22-24 FEB    | New South Wales Junior Athletics Champs       |
| 23 FEB       | Sydney Track Classic                          |
| 1-3 MAR      | Victorian Athletics Championships #1          |
| 7-10 MAR     | Queensland Athletics Championships            |
| 8-10 MAR     | New South Wales Athletics Championships       |
| 8-10 MAR     | Victorian Athletics Championships #2          |
| 15-17 MAR    | Tasmanian Athletics Championships             |
| 15-17 MAR    | Aust. Junior Combined Event Champs (U15-U18)  |
| 16 MAR       | Perth Track Classic                           |
| 23 MAR       | Queensland Track Classic                      |
| 30 MAR-7 APR | Australian Track & Field Championships        |



## Track Reports The NSWPSSA Championships

The New South Wales Primary Schools Athletics Championships were held at SOPAC from the 31<sup>st</sup> October to 1<sup>st</sup> November and Ryde Seniors were represented by 11 athletes from our U12 & U13 age groups.

**Georgia Phillips** (below & at right) did a terrific job to make the finals of the 12-13yrs long jump when she placed 8<sup>th</sup> in the State with a best jump of 4.41m



**Isabella Azizi** is another of our very talented young jumpers and she made finals three times over the carnival. Isabella competed in the 11yrs long jump with a best jump of 4.33m to place 7<sup>th</sup> and also finished 7<sup>th</sup> in the 11yrs high jump with a jump of 1.40m.

Out in the boy's high jump we had two Ryde boys jumping. **Ivan Prizmic** leapt to 1.55m in the 12-13yrs boys event to place 14<sup>th</sup>. **Jope Rauqe** was in the 11yrs high jump and his 1.35m best jump earned him 16<sup>th</sup> spot.

**Jess Johnston** had a busy program having qualified for State in shot put, discus and high jump. In discus Jess threw 25.61m to place 10<sup>th</sup>. In the shot put Jess threw an awesome



distance of 10.46m to make the final and place 7<sup>th</sup> overall. In the high jump Jess cleared the bar at 1.35m to finish in 13<sup>th</sup> place.

**Kate Wheeler** was another of our throwers and Kate threw the shot 6.67m to place 35<sup>th</sup> in the 12-13yrs girls' shot put.

**Nathan Barbara** (below) had three events to compete in. In the Multi-class 11-13yrs long jump Nathan was 15<sup>th</sup> with 1.72m (41.34%). In the 100m Nathan ran a time of 23.34s (75.11%) was 7<sup>th</sup> overall and the third 11yr old across the line. In discus Nathan was 9<sup>th</sup> with a best throw of 10.31m (31.40%).





As a result of Nathan's performance in the 100m he earned himself a spot in the NSW team to compete at the 10 – 12 Years Track & Field Championship from 23 – 27 November 2018 at Lakeside Stadium in Melbourne. Well done Nathan and the best of luck.

*Below Nathan looks ready for business on the start line*



We had two talented middle distance runners in the 12-13yrs boys 800m. **Oliver Smith** ran a three second personal best time to just miss making the finals when he finished second in his heat in a time of 2m 25.08s to place 12<sup>th</sup> overall. **Joe Harvey** won his heat in a time of 2m 23.09s to advance to the final. In the final Joe sliced another second off his heat time to take the bronze medal and a spot on the NSW team for Nationals with a time of 2m 22.03. Well done and good luck at Nationals Joe.

Our 12yrs Ryde girls are a fearsome group of sprinters as was shown when they took out the State Title at the Little Athletics Relays on Sunday 18<sup>th</sup> November. **Aniela Odgers** was one of these team mates and at PSSA Aniela competed in the 12yrs 100m where she just

missed qualifying for the semi-finals by .05sec. Aniela ran a time of 13.77 to place 23<sup>rd</sup> overall.

Aniela along with **Isabella Azizi** were team members in the St Phillip Neri – Northbridge 4 x100m 11-13yrs relay team. The girls finished 3<sup>rd</sup> in their heat and 12<sup>th</sup> overall in a time of 56.11s to qualify for the semifinal. In the semi-final they ran a time of 56.14s to place third and secure a final's spot. In the finals the girls improved their time to finish just out of the medals in 4<sup>th</sup> spot in a time of 55.51s.

**Ruby Worrell** was first home in her heat of the 12-13yrs 200m in a time of 27.11 to qualify for the semi-finals as third fastest overall. In the semi-finals Ruby cut her time to 26.85s to qualify for the finals with again, the 3<sup>rd</sup> fastest time. In the final Ruby was pipped into 4<sup>th</sup> spot in 27.00s flat.

*Ruby with her two finalist's bands and her trademark big smile! Well done Ruby*



In the 100m heats, Ruby was 3<sup>rd</sup> in her heat in 13.32s to automatically qualify for the semi-finals on Day 2. In her semi-final Ruby ran 13.51s and was 4<sup>th</sup> in her semi and 7<sup>th</sup> fastest overall qualifier for the finals.

In the finals Ruby finished 7<sup>th</sup> in 13.65s. Six races, two final spots and running under 27sec were some great results for Ruby.



## Robert @ World Masters Championships in Malaga, Spain

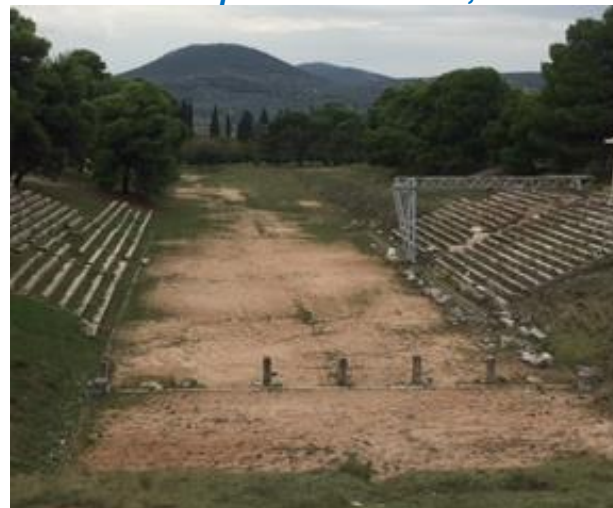
Robert Hanbury-Brown (below 5<sup>th</sup> from right) certainly sees the world via international athletics. This year he was off in Spain representing Australia at the World Masters Championships from 4<sup>th</sup>-16<sup>th</sup> September.



In the M60 category Robert finished 18<sup>th</sup> in the discus with his third round best throw of 37.33m. In javelin he placed 12<sup>th</sup> overall with a best throw of 37.84m. In the weight throw Robert's third round throw of 15.20m clinched him 9<sup>th</sup> spot. In the throws pentathlon he finished 11<sup>th</sup> with a total of 3255 points as below

|              |        |      |
|--------------|--------|------|
| Hammer       | 36.56m | 640  |
| Shot put     | 10.34m | 661  |
| Discus       | 37.46m | 661  |
| Javelin      | 37.46m | 633  |
| Weight throw | 13.14m | 660  |
|              |        | 3255 |

*Snaps from Robert's holiday include the shot below which makes Ryde's field look positively lush! It is the Epidaurus Stadium, Greece.*



*Below Robert keeping his eye on the competition.*





## Senior Club Championships Day 1 Full results from the morning

### RYDE ATHLETICS CENTRE – SENIORS DIVISION DAY 1 – 2018-2019 SEASON

| Men's Results   |                        |        |         |           |           |           |         |          |
|-----------------|------------------------|--------|---------|-----------|-----------|-----------|---------|----------|
| Age             | Name                   | 100m   | 400m    | 1500m     | Long Jump | High Jump | Discus  | Hammer   |
| U15             | Adam Bruntsch          | 13.55s |         | 4m 39.6 R | 5.01m     |           |         | 13.42m   |
| U16             | George Davis           | 13.41s |         |           | 5.00m     | 1.55m     | 28.86m  | 15.57m   |
| U16             | Jett Tall              | 12.16s |         |           | 6.16m R   |           | 43.66mR | 29.92m R |
| U17             | Sam Galati             | 13.46s |         |           | 5.47m     |           | 19.83m  | 14.21m   |
| Vet 55+         | Simon Bergfield        |        |         |           | O         | 1.58m     | 23.84m  |          |
| Visitor         | Tristan Tall           |        |         |           |           |           | 22.00m  |          |
| Vet 60+         | Andrew Atkinson-Howatt |        |         |           |           |           | 35.63m  | 30.51m   |
| Vet 45+         | Pete Davis             |        |         |           |           |           | 17.79m  | 16.57m   |
| Women's Results |                        |        |         |           |           |           |         |          |
| Age             | Name                   | 100m   | 400m    | 1500m     | Long Jump | High Jump | Discus  | Hammer   |
| U15             | Georgia Arcus          | 15.41s | 66.33s  | 5m 08.0 R | 3.72m     | 1.35m     | 18.66m  | 16.84m   |
| U16             | Alyssa Lowe            | 12.62s | 60.00 R |           | 5.53mR    | 1.55m R   | 19.11m  | 19.72m   |
| Visitor         | Chloe Davis            | 13.84s | 66.65s  |           | 4.51m     | 1.45m     | 19.28m  | 17.92m   |
| Visitor         | Lynette Smith          |        |         |           |           |           | 31.15m  | 28.44m   |

We had a small but happy group down at Dunbar Park on Sunday 4<sup>th</sup> November determined to have a crack at the records and to once again try their hand at the hammer throw.

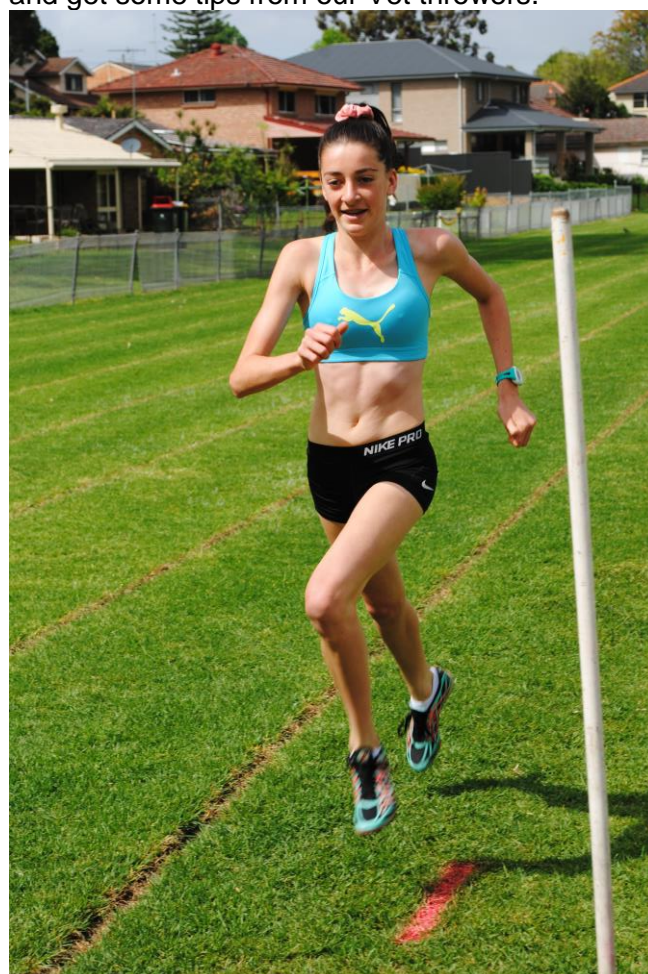
**Georgia Arcus (at right)** and **Adam Bruntsch** kicked off the record breaking when they both set new marks in the 14yrs 1500m.

Out at hammer **Alyssa Lowe** surprised us all when she finished just 2cm short of the U16 hammer throw record. **Jett Tall** was to pick up the U16 boys hammer record to add to his other two hammer records. The 100m saw our Vet's sit the event out and then we moved onto discus where Jett picked up his second record of the day with 43.66m. Long jump saw two records fall. Jett jumped a huge 6.16m to add one centimetre to the old record and Alyssa Lowe's jump of 5.53m saw her add over 30cm to the existing record. Aly then took the high jump record as well with her clearance at 1.55m.

In the final event of the day only Georgia, Chloe & Aly lined up to run the 400m. In a great display of strength and style, Aly who hadn't run a 400m for quite some time steamed home in 60sec flat to knock off her final record of the day.

We'd love to see more of our members come and share the morning. It really is a chance to

compete with athletes from different age groups and for any throwers, it is a great opportunity to come and get some tips from our Vet throwers.



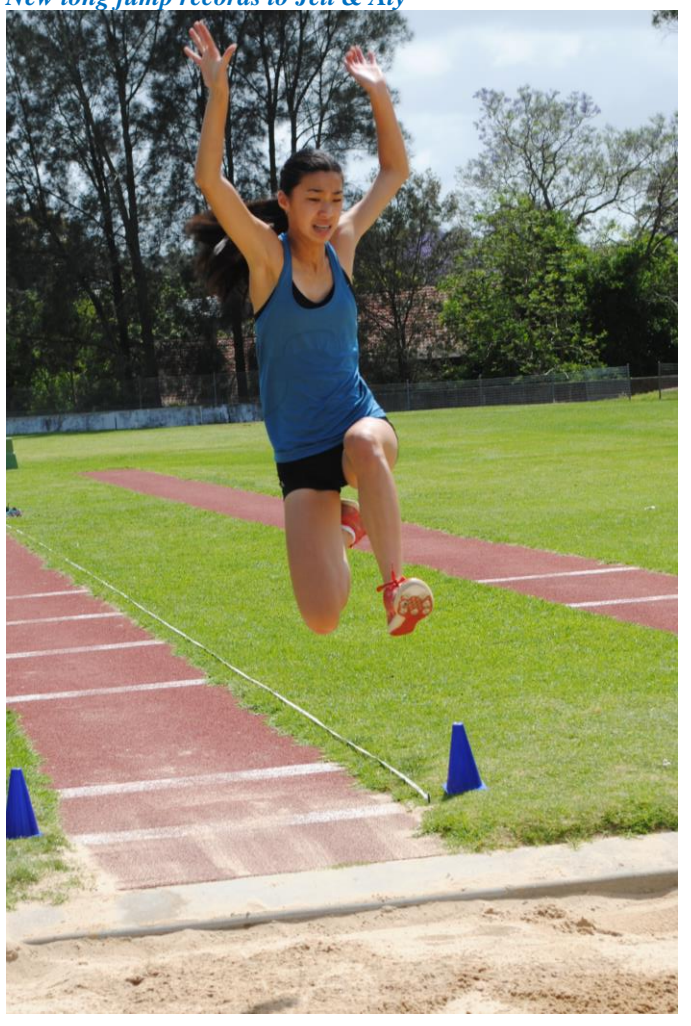




*Adam claimed the U15 boy's 1500m record in a time of 4m 39.6s. George was pleased to clear 5m in the long jump.*



*New long jump records to Jett & Aly*







*43.66m at discus got Jett the U16 discus record. Sam out at long jump. Aly below clearing the bar at 1.55m for her third record of the morning.*



**Don't forget our final fundraiser of the season is the BBQ and Cake Stall at Ryde Little Athletics on Saturday 1<sup>st</sup> December. Come and help or bake for us if you can and if that's too hard then come and support us by buying a sausage sizzle or a cake, slice or tart.**





*Above Pete, Chloe & Andrew at hammer. Below Simon. Adam & Georgia at long jump*



*Jett, Aly, Chloe, George, Sam & Adam in the 100m*





Above Chloe, Lynette & Tristan. Below Georgia and George & Sam at High jump



## Ryde Athletes at the State 3000m Championships

The Athletics NSW 3000m State Championships were held at SOPAC on the 10th November and we were represented by nine athletes.

**Elli Barron**, at just 12yrs got the thrill of being announced as leader going through for the bell and well and truly held her pace all the way home to finish first in the Women's E Race in a 34 second personal best time of 11m 24.29s.

Our 14yr girls have a huge depth of talent in middle distance, and three were out running in the 3000m.

**Zara Warland** 14yrs (10m 49.66s) placed 2nd in the Women's D Race.

**Amelie Sun**, 14yrs (10m 25.62s) placed 7th in the Women's C Race. **Georgia Arcus** was unfortunately unable to finish so it was good to see her back up and about at State Little A Relays the following weekend.



**Zara and Amelie** both ran well under 2017/8 national qualifying times which should see them running at the 2019 Australian Junior Championships.

**Sam Brown**, 17yrs was our final female runner and ran a time of 10m 29.31s to place 10th in the Women's C Race.

Our 14yr boys were out in force as well. **Andrew Phillips**, ran a time of 11m 10.49s to place 6th in the Men's I Race.

**Ashton Hanna** finished in 10m 46.32s and placed 15th in the Men's H Race.

**Adam Bruntsch** was home in 9m 48.90s for 9<sup>th</sup> spot in the Men's G Race.

Our newest recruit, **Ben Russell**, 23yrs, was wearing the Ryde colours for the first time and ran a good time of 9m 12.19s to take out second place in the Men's E Race.



***A good night out for Amelie (with Ross) and Elli looking very happy after a huge personal best.***

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

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

**Don't forget our final fundraiser of the season is the BBQ and Cake Stall at Ryde Little Athletics on Saturday 1<sup>st</sup> December. Come and help or bake for us if you can and if that's too hard then come and support us by buying a sausage sizzle or a cake, slice or tart. Remember everything at the cake stall is \$2 as we go "Gold for Gold"**



## Athletics NSW State Relays

The ANSW Senior State Relays were held the weekend of 24-25<sup>th</sup> November and Ryde entered 14 teams.

First out for Ryde were our U16 Men in the 4 x 800m finals. **Jacob Leon (below)** led the group off and passed the baton a touch over 2m 03sec to



**Jack Baker** (right). Third runner was **Ashton Hanna** (below) who handed off to **Oliver Smith** (right below). At just 12 Oliver was giving many years to some of his opposition, but brought the team home in a time of 9min 30.10s to place 7<sup>th</sup> in the State. The boys will have another year in this age group next year whilst looking at their size, many of the competition will be moving to U18's.





We had hoped to run two women's middle distance teams in the U20 4 x 800m but a last minute timetable change by ANSW robbed us of that opportunity. So while our touch footy playing girls missed the first day we did field a bronze medal winning team.

**Sam Brown** (below) showed she's is in great form heading into the Australian All Schools in a few weeks, when she lead the team off to a terrific start handing over the baton to **Charlotte Ryan** (bottom) in a touch over 2m 20s and second place.



Charlotte (below) ran a fast paced two laps as well and passed the baton to young **Elli Barron** with the team still placed second.



After a huge PB at the State 3000m Championships a couple of weeks before, Elli showed she is in great form. When Elli was passed by another athlete, she held her form and continued at her pace, chipping away at the distance between her and another runner in front. By the time Elli handed over the baton to Anastasia Lakic the team were back in second place and Elli had chopped 4 seconds off her pb time to run 2m 35s.



With the rest of her team cheering her home Anastasia got the team across the line in just over 10 minutes (10m 01.09s) and into bronze.



Below Anastasia, Elli & Charlotte post race







**Above 4x800m U20 bronze medallists – Elli Barron, Sam Brown, Charlotte Ryan & Anastasia Lalik**

Saturday Sydney traffic almost undid our next team, the U14 4 x100m girls. Fortunately a false start in the mens open 4 x100m cost enough time for our final runner to appear, pop on her shoes and head round to her spot.! Our first runner, **Allannah Teo**, showed great poise in her first use of starting blocks and wasn't perturbed by the girl beside her false starting. Alannah confidently handed over the baton to **Ruby Worrell** below.



Ruby then sped down the back straight. **Aliana Moala** ran the perfect bend absolutely flying before putting the baton in the safe hands of **Aniela Odgers** who raced down the straight to cross the line in 53.89s to place 6<sup>th</sup>. Aniela, Aliana and Ruby are all young enough to run in the U14's at Senior Relays again next year so this was a great experience for them as the young guns.

**At right Aniela heads into the straight.**



**Above Ruby passes to Aliana**







**Allannah Teo, Aniela Odgers, Aliana Moala & Ruby Worrell, 4 x 100m U14 6<sup>th</sup> place at State.**

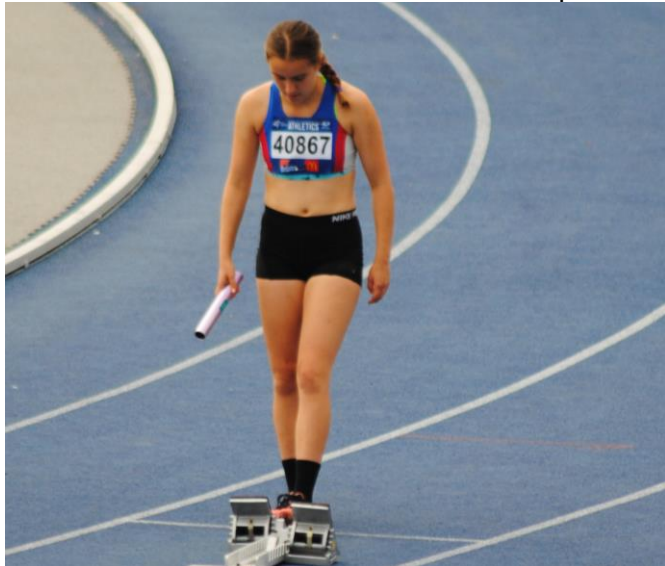
Our final team of the first day was the U16 4 x 200m women's team. After taking the teams through their warm up's, **Alyssa Lowe** headed off first and handed over the baton to **Eliza Da Silva** in a quick time. **Adria McAndrew** was our third runner and passed the baton to **Ruby Worrell**, running her second sprint of the afternoon (third if we count her dash from the car!). All girls ran sensationally with Ruby, 12 holding off a last minute charge by another runner. Unfortunately the girls were DQ'd. They had crossed the line in 1m 46.00s which was a sensational time and would have placed them fourth overall across the two timed finals.

**Below Aly, Ruby, Adria & Eliza**





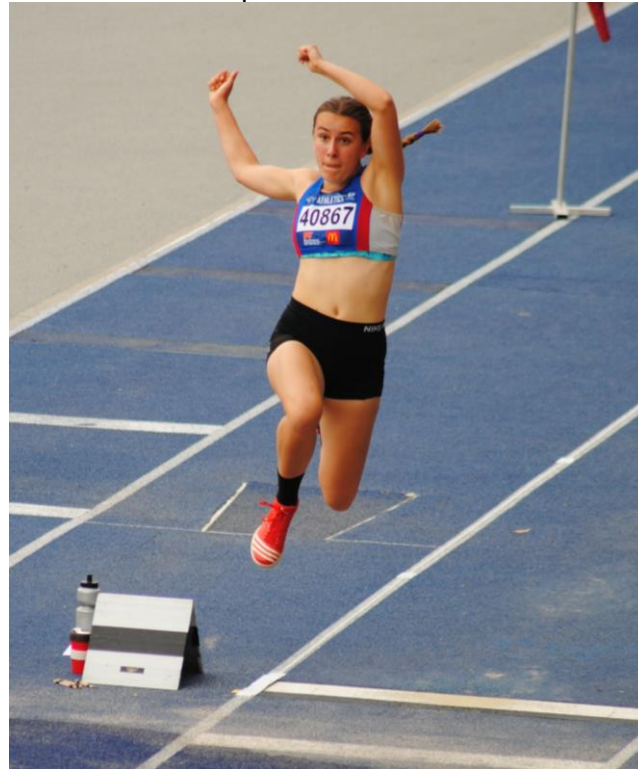
Day two we were off to an early start with our two of our U16 4 x 100m runners, **Alyssa Lowe** & **Portia Amy-Wilson** also doubling up at the U18 long jump. In their heat of the U16 4 x100m Alyssa, Portia, **Eliza Da Silva** and **Jessica Forster** placed 5<sup>th</sup> but in a time of 50.53s which was good enough to gain them a final's spot. The final's saw the girls come home in almost the same time – 50.79s to place 6<sup>th</sup>.



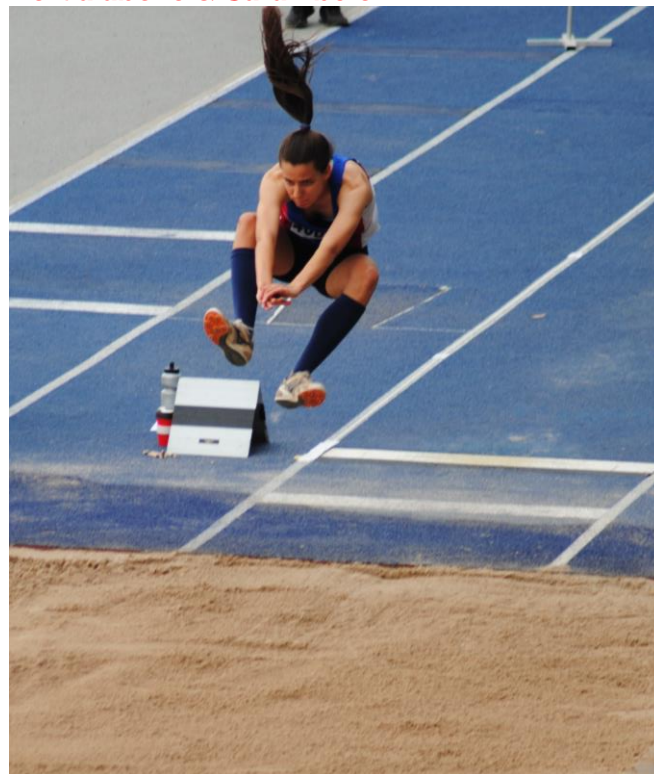
*Above Portia lines up the blocks, below Aly in chase mode and bottom Jess hands off to Eliza*



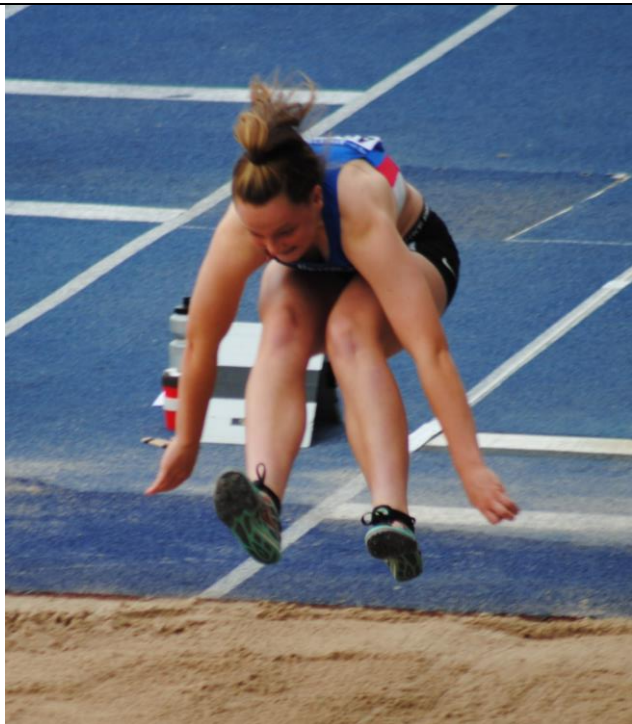
The U18 Girls 4 x long jump was a big field with 12 teams. **Alyssa Lowe** was the club's and the whole competition's best jumper when she leapt out to 5.51m on her first jump. **Tarsha Wayne's** second jump was her best with a leap of 4.54m. **Sarah Brown** was the model of consistency with only 3cm difference between her jumps, her best being 4.68m and **Portia** was also very consistent nailing 4.61m twice. The girls finished just out of the medals in fourth spot with a total of 19.34m



*Portia above & Sarah below*







*Above Tarsha & below Alyssa*



We managed to get some of our boys out for an early Sunday morning start and it paid off when they won bronze in the U20 4x 100m. **Sam Galati** absolutely bolted out of the blocks and gave a clean pass of the baton to **Jett Tall** to put the team in second. Jett rang a strong back straight to pass over to **Savi Moala** with the team in clear third place. Savi, like his sister Aliana the day before, ran a brilliant bend run to put the baton in the safe hands of **Riley Leverett** who crossed the line and brought the team home in 46.06s



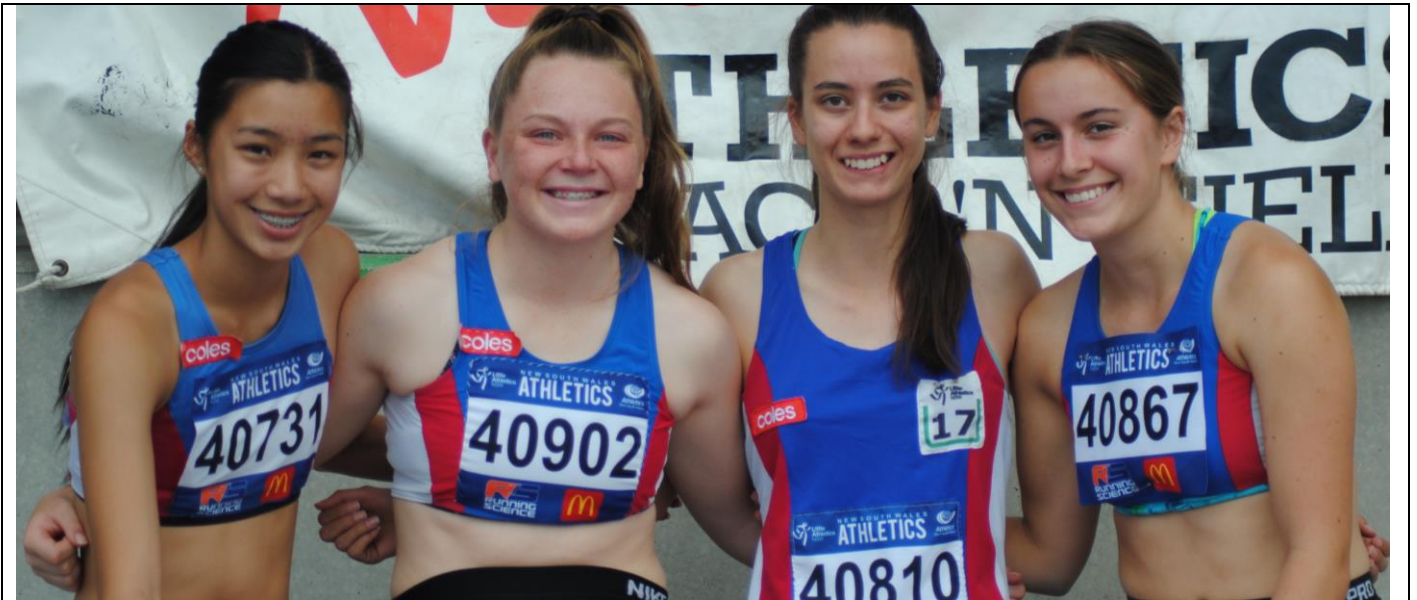
*Above - Sam's work was done and Jett is on his way. Riley is eyes front while Savi does the work to ensure the baton is passed safely*



| 2018 NSW State Relay Ch     |                     |     |       |
|-----------------------------|---------------------|-----|-------|
| Men 4x100 Metre Relay M U20 |                     |     |       |
| Section 1 Results Finals    |                     |     |       |
| 1                           | Illawong Revesby Wo | ILL | 44.19 |
| 2                           | Sutherland District | SUT | 44.64 |
| 3                           | Ryde Athletics Cent | RYD | 46.06 |
| 4                           | Nowra Athletics Cl  | NOW | 46.35 |
| 5                           | Uts Norths Athleti  | UTS | 47.29 |

There was no time for the boys to rest on their laurels as it was straight over to compete in the 4 x 18 long jump relay. All boy's improved over the three jumps and all nailed their best jump on their final jump. **Jett Tall's** was 6.09m, **Riley Leverett's** 6.05m. **Savi Moala** leapt out to 5.29m and **Sam Galati** 5.62m. Amongst an elite group our boys finished in fourth spot just 27cm off a medal with a combined distance of 23.05m. Outstanding effort.

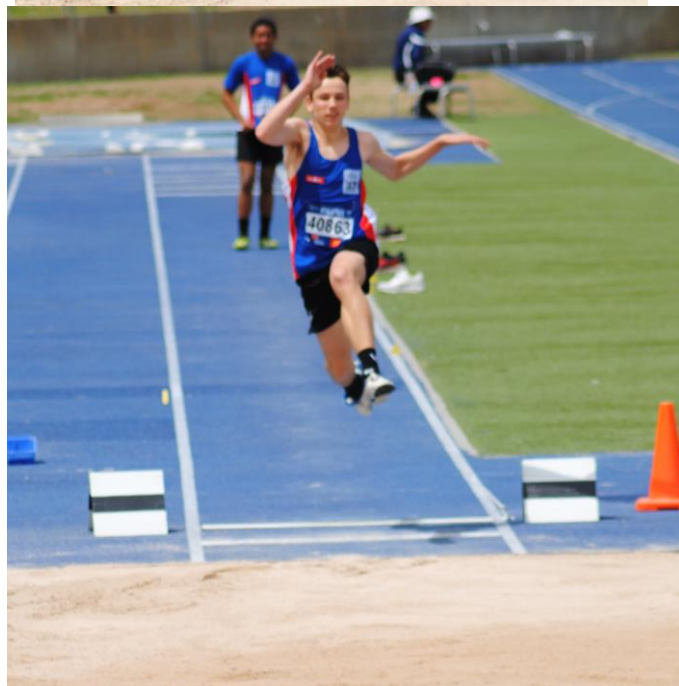




**Above U18 4 x long jump 4<sup>th</sup> Alyssa, Tarsha, Portia & Sarah. Below U16 4 x 100m Alyssa, Jess, Portia & Eliza. Bottom U20 4 x 100m & U18 long jump team Savi, Jett, Riley & Sam**







At left Jett, Savi & Riley & below Sam



It was great to see some of our younger dual reg athletes out at Senior Relays for the first time this weekend and I hope that they'll be back again next year.

Our 4 x 200m U14 relay team were next out on the track and ran in a straight final. **Mikayla Kelleher** led the girls off round the track and passed on to **Krishani Coffin**, running her State Relays debut. Krishani passed to **Ruby Worrell** who kicked past a couple of runners across the back straight before passing to **Aliana Moala** who stopped the clock at an excellent 1m 52.19 to claim 4<sup>th</sup> place.

As with our U18 boys, three of our girls ran straight over to the long jump. **Georgia Phillips** had kicked off for the team, improving each time to finish with 4.21m.

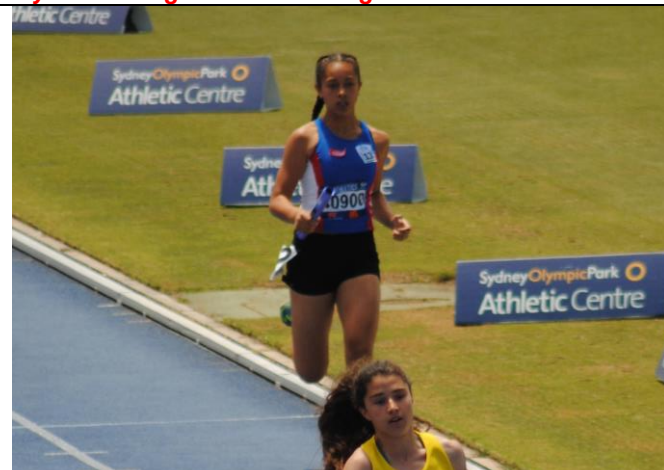
**Aliana Moala** was the best of our jumpers, the third best jumper of all the jumpers and the best 12 year old jumper in the whole event when she started with a big 4.59m jump.

**Mikayla Kelleher and Ruby Worrell** both nailed their best jump on their final jump with 4.36m and 3.74 respectively for a total of 16.80m. After a nervous wait the girls were ecstatic when they collected the bronze medal.

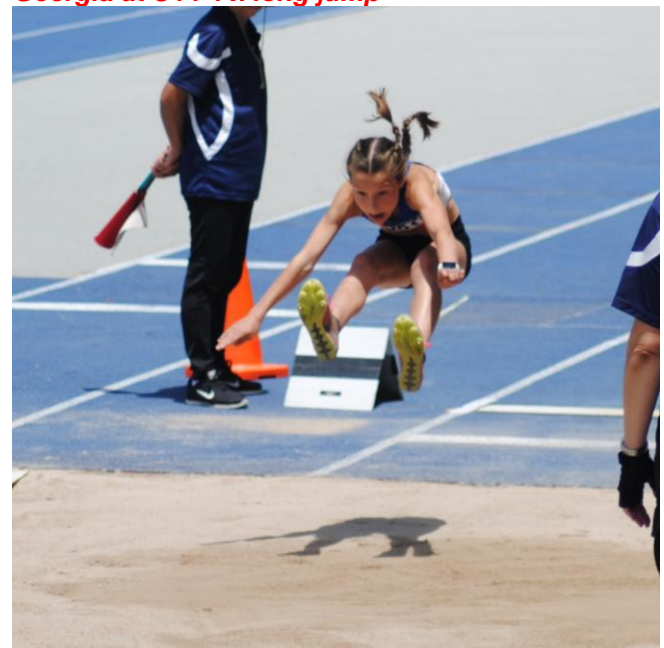




*Our U14 4 x 200m were thrilled to chat & get a photo with the always lovely Michelle Jenneke. Shelly had just run the Open 4 x 200m but was happy to stop and ask the girls what they were doing and wish them good luck.*



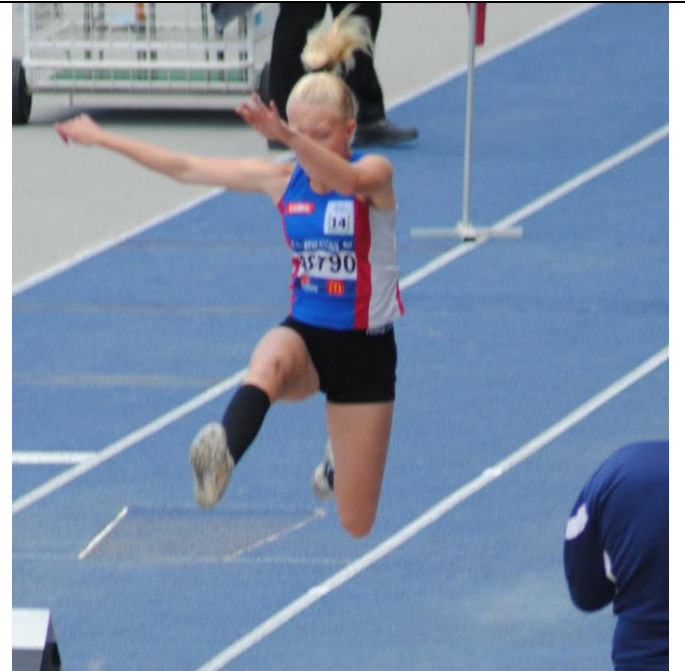
*Left Krishani & Ruby, Above Aliana and below left Mikayla takes off in the U14 4 x 200m . Below Georgia at U14 4 x long jump*



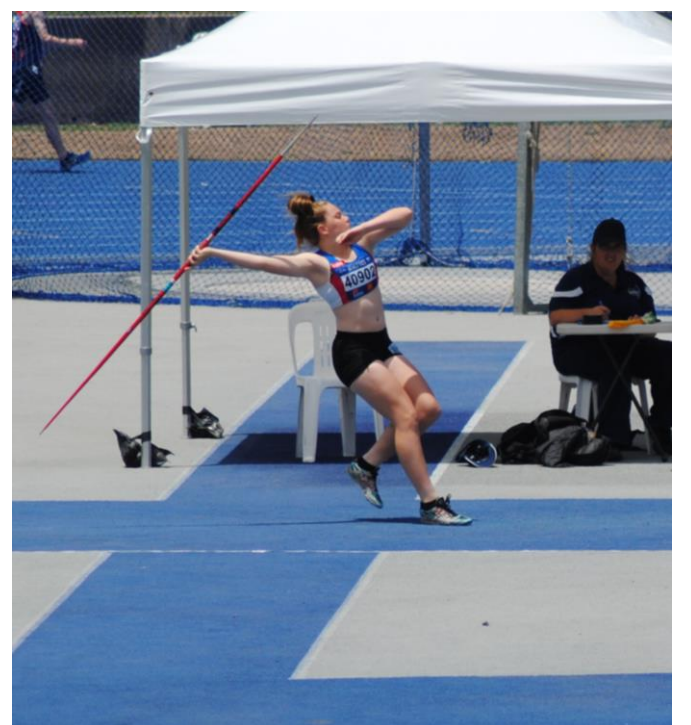




*Above Ruby & below Aliana*



*Above Mikayla at long jump. Below Emily & Tarsha at javelin*



Our U18 4 x Javelin girls finished in 7<sup>th</sup> place with a total of 84.27m. **Tarsha Wayne's** first throw was her best landing out at 31.27m. **Portia Amy-Wilson** threw 27.02m and **Jess Forster's** final throw was her best with 25.98m. **Emily Ralph** was very unlucky not to get a distance to her name with three throws around the 30m mark which were all judged as fouls.





**Georgia, Ruby, Mikayla & Aliana jumped for joy with their bronze in the U14 4 x long jump relay**

Our last events of the weekend were our 4 x 1500m relays for men and women.

The girls were out first and we'd fielded two teams in the U20 4 x 1500m.

As with the U20 4 x 800m **Sam Brown** led out our first team 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.

Our second team was led off strongly by **Zara Warland** who handed over to an in form **Arabella Price** who chipped away at the lead of the runner in front putting **Elli Barron** in a good spot to move the team into third spot before handing over to **Anastasia Lakic**. Anastasia held third for a couple of laps before crossing the line in fourth spot with a time of 21m 06.24s.







**Above Amelie, Anastasia, Elli & Georgia. Below Sophie, Arabella, Sam & Zara**



Our U20 4 x 1500m State Champions Amelie Sun, Sophie Gocher, Samantha Brown & Georgia Arcus



Our final team on the track were also our first competitors of the weekend, our middle distance U16 boys team.

As was the case in the 4 x 800m **Jacob Leon** showed why he is the current Ryde Sports Foundation Club Six Sports Star of the Month when he led the team out in great form.

**George Davis** made his Relays debut along with a huge pb in the second leg. **Ashton Hanna** ran third and handed over to young **Oliver Smith** who brought the team home in 19 mins 28.18s and 5<sup>th</sup> spot at State.



A special thank you to Ross Forster for getting there early each day to register our teams, organising relay orders and helping the athletes warm up.

### **Jacob Leon Ryde Sports Foundation, Club Six Sports Star of the Month**

Congratulations to Jacob Leon (right) who was the November Sports Star of the Month.

Jacob was selected as a result of his outstanding results over the past twelve months which include

- being a member of last year's silver medal winning 4 x 1500 and bronze medal winning 4 x 800m U14 boys relays teams
- State Little A 3000m Champion & bronze in the 1500
- Bronze in the 3000m & 800m at the 2018 NSW Juniors
- Silver in the 3000m & bronze in the 1500m at 2018 NSW All Schools







# TEAM RYDE

## Gold for Gold

Saturday 1<sup>st</sup> December Ryde Senior Athletics will be having a fundraiser to help assist our Ryde senior athletes who make NSW Teams for national championships. Our thanks to Ryde Little Athletics for their generosity in letting us host.

As well as that we'll have a cake stall where we are asking you to give a gold \$2 coin to purchase a cup cake, slice, muffin, tart etc. to help raise funds.

**So please go Gold to help our athletes shoot for GOLD at nationals.**

**Buy a cake, have a sausage sandwich and help our athletes.**



Congratulation and good luck to our New South Wales Representatives, Ben, Sam & Alyssa at the Australian All Schools Track & Field Championships to be held in Cairns in December 2018 & to Nathan for the School Sports Australia 12yrs & Under Athletics Championships.

**Benjamin Stevens U14 Shot Put, Discus and Hammer Throw, Samantha Brown U18 Steeplechase, Alyssa Lowe U16 Triple Jump and Long Jump, Nathan Barbara 100m & Medal Relay – Multi Class 11 year boys**

# TEAM RYDE