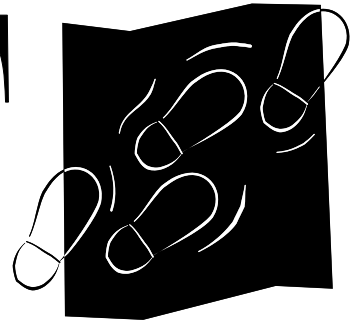




FOOTPRINT



Senior Division Edition October 2018

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

The New South Wales All Schools full report starts p.16

Congratulations to our qualifiers to represent NSW at the Australian All Schools Athletics Championships in Cairns in December

Alyssa Lowe U16 long jump, triple jump, (both silver)

Benjamin Stevens U14 discus (gold), shot put & hammer (both silver)

Samantha Brown U18 steeplechase (silver)

Jacob Leon U16 3000m (silver)

Adam Bruntsch U16 steeplechase (silver)

Congratulations to our other medallists –

Alyssa Lowe Bronze 200m hurdles, **Jacob**

Leon bronze 1500m and **Sophie Gocher**

bronze in 17yrs 2000m steeplechase &

Samantha Brown 17yrs 1500m. All medallists have also qualified for the 2019 Aust Juniors.

Thank you to our helpers at Blackmores Marathon

It was an early start out at Moore Park for the Barron, Leon, Harvey, Warland & Bergfield families on Sunday 16th September at our first fundraiser for the season. We had a very busy couple of hours setting up and then keeping up supplies when the runners came through but were done and dusted mid-morning.

Our next Fundraiser is a BBQ & Cake Stall at Dunbar Park this Saturday 6th October. Email lbergfield@hotmail.com if you can help.



RYDE SENIORS FUNDRAISING EVENTS FOR 2018/19

Each season we have a number of Fundraising events to help meet the Division's costs as well as to help make donations to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas. Last season we donated to athletes who qualified for the Australian All Schools Athletics and Pacific Games in Adelaide, the Australian Junior Multi Event Championships in Melbourne and most recently to three athletes who qualified for the Australian All Schools Cross Country Championships on the Sunshine Coast. To be eligible for this assistance we do require the families to help out at some of our Fundraising events.

This season we are holding four fundraising events and hope that you can help.

Blackmores Marathon 16th September- done & dusted. Thank you to the Warland, Harvey, Leon, Bergfield and Barron families who helped out.

Our Ryde Little Athletics Division generously let us run two BBQ's a season during normal Little A competition and these will be on **this coming Saturday the 6th October and the 1st December.**

We will also be running our very popular "Gold for Gold" cake stall those days where everything is \$2. We'd appreciate helpers to BBQ, serve, bake and clean up.

On Sunday the **28th October** we will be running an all day Bunnings BBQ at the Bunnings at Rydalmere from 8am to 4pm and would welcome helpers to cook, serve, act as cashier and keep the area tidy.

If you can help at any of these events we'd greatly appreciate an hour or two of your time. I'll send out emails/rosters calling for help closer to the dates but feel free to email lbergfield@hotmail.com to let me know if you can help on any of the events. A few hours each season isn't a big ask and your time can really help to support our Club.

Senior Registration Fees 2018/2019

Athletes wishing to register as a Ryde Senior athlete can do so by going on line at [ANSW](#).

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

Athletics New South Wales 2018/2019

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

2018/19 AUSTRALIAN SUMMER ATHLETICS

- 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

NSW Combined High Schools Championships

At the NSW Combined High Schools Championships held at Homebush over the three days from 5th to 7th September we were represented by 15 athletes.

Alyssa Lowe had another great and busy carnival. Alyssa finished 3rd in her heat of 100m in a time of 12.84s to qualify for the final. In the final Aly placed 5th in a time of 12.66s. Aly placed 2nd in her heat of the 15yrs Girls 90m Hurdles in the 2nd fastest overall time of 13.76s. In the final Aly improved her time to 13.36s and grabbed the silver medal. In High jump, Alyssa finished 3rd with her clearance at 1.60m. In Long Jump Alyssa produced a further PB when she claimed 3rd place with her leap of 5.65m. Alyssa's efforts in the 200m hurdles heat saw her place 3rd with a time of 30.64s and Aly improved by .01s to place 4th in the final in 30.63s. Aly's final event was the 15yrs and under triple jump which saw Aly bring home the gold to complete her set of medals with a great leap of 11.07m. ***Below Alyssa with gold, two silver and a bronze.***



Tarsha Wayne produced a huge personal best performance when she put the shot 11.65m to claim bronze in the 15yrs shot put. In the javelin Tarsha threw the javelin 32.00m to place 5th and in the long jump Tarsha produced another pb to place 6th with a great leap of 5.14m.

After missing out on the Australian Multi-event Championships earlier this year due to injury, **Portia Amy-Wilson** was back competing in the 17yrs+ Outdoor pentathlon.

Portia's results in the events and points were

Event	Result	Points
200m	28.88s	563
High jump	1.41m	523
Long jump	4.65m	466
Shot put	8.73m	447
800m	2m 39.80s	575
Total points		2574

It was Portia's (below) good run in the 800m where she placed 1st that ensured she finished with the bronze medal, a very good result for a 15yr old who has a few more years to compete in this event.



Jacob Leon (below and right) was second in his heat of the 14yrs Boys 800m in a time of 2mins 09.88s. In the final Jacob won the silver medal with a new personal best time of 2 mins 06.66s. In the 14yrs & Under 1500m Jacob again finished with a silver in a personal best time of 4m 18.81s. In the 15yrs and Under 3000m Jacob was just out of the medals in a very good time of 9m 36.09s.



Ashton Hanna competed in the 17 years & Under 2000 metres Steeplechase event despite being only 14 years of age and all of the barriers being some 8 centimetres higher than he has previously contested. He finished 8th in a personal best time of 7 mins 44.43 secs.

Krishani Coffin was competing at her first CHS and had a great result. In the 12yrs 80m hurdles Krishani placed 4th in her heat in a time of 15.51s to secure a spot in the final Krishani improved her time by .61sec to secure 4th spot in a time of 14.90s.



Another of our successful hurdlers was **Mikayla Kelleher**. Competing in the 13yrs 80m hurdles Mikayla was 2nd in her heat in a time of 13.99s and as with Krishani, Mikayla also made a great improvement in time in the final to place 4th in a PB time of 13.58s.

Timothy Forster competed in the 13yrs 90m hurdles and placed 3rd in his heat in a time of 14.53s. In the final Timothy also sliced his heat time to finish 6th in a personal best time of 14.05s.

Aliana Moala had a busy meet on her debut at CHS. Aliana qualified in the final spot for the 12yrs 100m final with her time of 13.85s. In the final Aliana placed 10th in 13.86s. In the 200m Aliana was 4th in her heat and 10th overall in a time of 28.94s. In the shot put Aliana threw 9m even to claim 7th spot. Aliana's 4 x 100m Relay team claimed 4th spot in the finals in 56.67s.

Natasha Fairhall competed in the 12yrs javelin and threw 19.85m to place 14th.

Sam Galati (below right) qualified in the 8th and final spot for the finals after a heat time of 19.02s in the 16yrs 110m hurdles. In the finals Sam's time was much improved and he picked up the bronze medal in a time of 17.69s.



George Davis (below) placed 4th in the 15yrs and under 1500m race walk in a time of 7m 43.41s.



Adam Bruntsch (above) placed 4th in his heat of the 14 yrs. Boys 800m event in a time of 2 mins 10.48s and secured himself a spot in the final when he ran a personal best time of 2 mins 09.55s to place 7th.

Riley Leverett was 5th in his heat of the 16yrs 400m in a time of 58.45s. Riley was also a member of the Sydney North Region 17+ & under 4 x 400m team which finished 2nd in a time of 3min 39.21s.

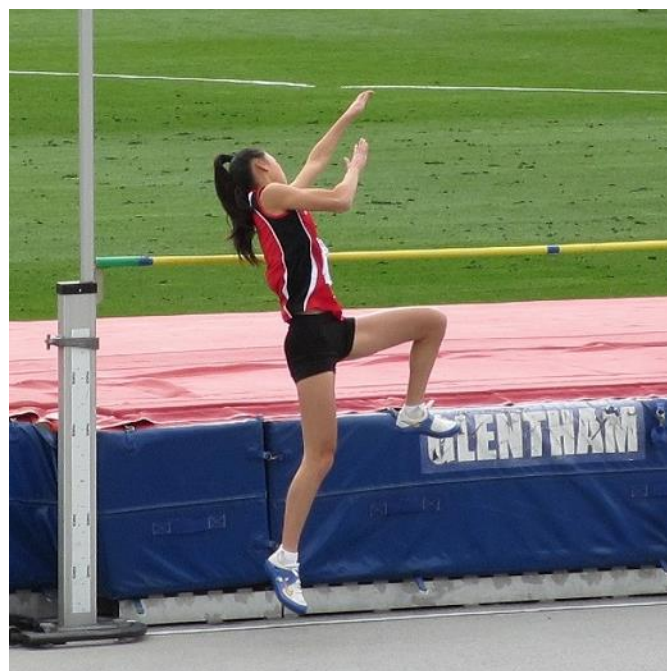
Below Riley (middle back row) with his 4 x400m team mates



Riley also teamed up with **Jett Tall** and former Ryde junior, Jordan Metcalfe to make up 3/4 of the Epping Boys High 4x100m relay team, the same team that had a few weeks ago won the intermediate 4x100m at the ANSW All Schools State Relays. At CHS the team qualified fastest with a time of 44.77s and in the final they ran even faster, 44.31s to take the CHS title.



Above Riley on the left and Jett at the back on the right. Below Portia went into the 800m knowing that she had to win it to secure a medal and win it she did. Well done Portia.



Above Aly going for bronze in the high jump and below Jacob out on the track in the 3000m. Bottom Aly & Portia.



Record Breaker Ruby Worrell

Ruby Worrell from our U13 Girls was named Senior Girl Age Champion at the Primary Schools Inner West Catholic Carnival held at Homebush recently which would be a terrific result in itself but Ruby also managed to set two new records as well.

Ruby set a new mark of 13.66s in winning the 100m, a new record of 28.58s for the 200m and also managed to finish first in the long jump with a best jump of 4.43m. Ruby qualified to compete at the MacKillop Athletics Championships for all three events. Well done Ruby.



Above Ruby Worrell record breaker and age champion.

Sydney North Region Primary Schools

Ryde Seniors had 9 athletes competing in the Sydney North Primary Schools Athletics Championships held at SOPAC on the 17th September.



Above - Congratulations on being Sydney North's 11yrs Age Champion Jessica.

Jessica Johnston from our U12 girls was the Carnival's 11yrs Age Champion.

Jessica won the Discus with a throw of 26.45m, was 2nd in the Shot Put (9.86m), won the bronze in the high jump with a jump of 1.35m and was 15th in long jump with her best jump of 3.65m. Jessica will compete in the Discus, shot put and high jump at the NSW PSSA Athletics Carnival on the 31st October and we wish her good luck.

Ivan Prizmic won the high jump at a spot at the NSWPSSA in the 12-13yrs Boys event with a jump of 1.55m. Ivan placed 21st in the Boys 200m event in a time of 30.99s. Ivan was 14th in the long jump with a best jump of 4.10m and was 7th in the discus with a throw of 25.69m.

Joep Raque will also contest the high jump at the NSWPSA Championships after placing 2nd in the boys 11 years event with a jump of 1.43m as well as the discus, where he also placed 2nd with a best throw of 28.80m. Joep was 5th in the shot put with a throw of 10.48m and 22nd in the 100m in a time of 14.21s.

Georgia Phillips (right) who qualified for State Cross Country earlier this season, proved what an all rounder she is when she also secured a spot at the NSWPSA when she jumped 4.44m to place second the 12-13yrs long jump. Georgia was 23rd in the 100m with a time of 14.93s and 22nd in the 200m with her time of 31.78s.

Jasmine McAndrew placed 22nd in a time of 15.11s in the 11yrs 100m and was 14th in a time of 31.59s in the 200m.

Abbie Merifield competed in the 11yrs 800m and placed 8th in a time of 2m 48.06s

April Howison was 7th in the 11yrs high jump with a best jump of 1.27m and was 11th in the long jump with a leap of 3.69m.

Angelo Mihos was another of our jumpers and he placed 5th in the 12-13yrs boy's event with a height of 1.43m and was 23rd in the 100m with a time of 14.12s.

Annabel MacDonald ran in the 12-13yrs 800m and finished 6th overall in 2m 44.98s. **Kaitlin Martin** was also in the 12-13yrs 800m and ran a time of 2m 51.63s to place 15th.

Polding Area Athletics Carnival Results

At the Polding Athletics Carnival held in Newcastle on Friday the 14th September we were represented by two athletes.

Isabella Azizi won the 11yrs high jump with a terrific jump of 1.40m. Isabella also placed 2nd in the long jump with a jump of 4.12m. Isabella teamed up with fellow Ryde athlete **Aniela Odgers** to take home the gold in the 11-13yrs 4x100m relay in a time of 56.39s. The team had qualified as the 6th fastest and then blew the competition away in the final.

Aniela also won a silver medal in the 12yrs 100m in a time of 14.08s, was 7th in the final of the 200m in 30.57s and was 9th in long jump with a leap of 3.92m.

We wish Aniela and Isabella (right) all the best for their events at the NSWPSA in October.





Above Aniela on the podium and Isabella with her haul of medals



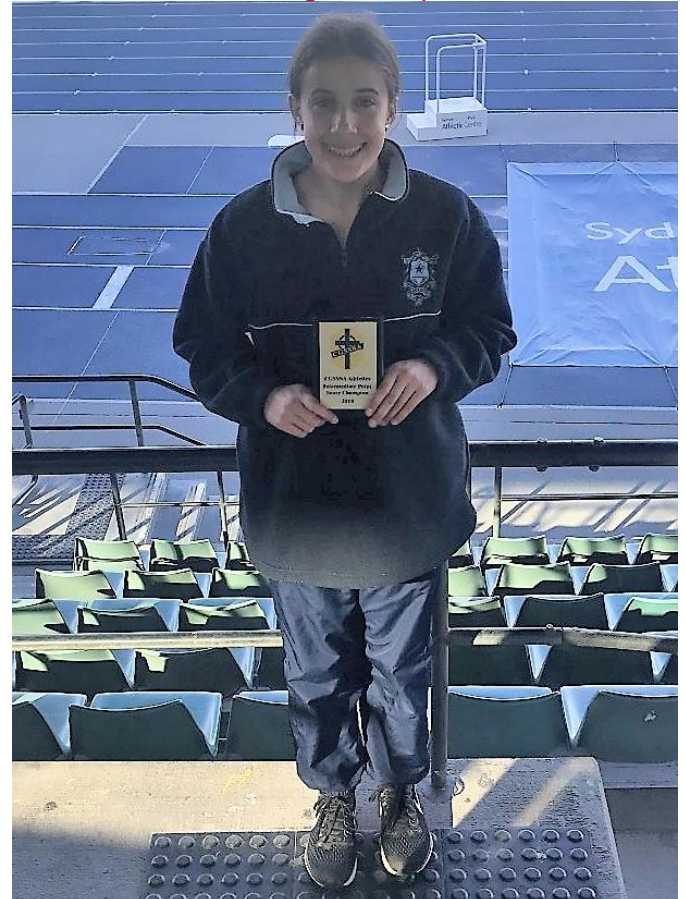
CGSSSA Carnival Results

The CGSSSA Athletics Carnival was held at SOPAC on the 17th August and we were represented by 6 athletes.

Eliza Da Silva had a busy but rewarding day. Eliza was 2nd in her heat of the 14yrs 100m in a time of 13.17s. In the final Eliza took home the silver in a time of 13.39s. In the 200m heats Eliza was the fastest qualifier in a time of 27.61s, In the final Eliza finished atop the podium with a time of 27.72s. Eliza also won the 400m in a time of 67.64s. Her 3rd win was as part of the Monte Sant 'Angelo 4x100m 13-15yrs 4x100m relay team in a time of 53.31s. Eliza's second silver of the day came in the 90m hurdles where she ran a time of 18.03s. In the field, Eliza also placed 8th in the long jump with a best jump of 3.95m. Eliza was the 14yrs age champion.

Sophie Gocher was another busy athlete at the carnival. Sophie won the 17yrs+ 400m in a time of 63.03s. Sophie was also the clear winner of the 800m in 2m 22.06s and again in the 1500m in 5m 06.22s. Sophie finished 3rd in the long jump with her jump of 4.28m and 3rd also in triple jump with 10.31m.

Below Eliza with her Age Champion Award



Anastasia Latic finished 3rd in the 14yrs 400m in 69.30s. In her heat of the 100m Anastasia ran a time of 14.25s to secure a final's spot where she finished 8th in 14.54s. Anastasia won the 800m in 2m 35.79s. and ran a time of 5m 25.72s to place third in the 1500m. Anastasia's Woolwich girls 13-15yrs 4x100m relay team placed 5th in a time of 54.23s.

Imogen Kenny placed 4th in the 16yrs long jump with her jump of 4.32m and 4th in the triple jump with 8.93m. Imogen's relay team of Marist Sisters Woolwich placed 10th in the 16yrs+ 4x 100m relay event in a time of 60.13s

Izabella Kalachian placed 4th in the 12-14 years Girls 1500 metres Walk with her time of 9m 27.26s.

Abbie Lewis placed 6th in the 16yrs 400m in a time of 69.93s. In the 800m Abbie was 2nd in a time of 2m 31.19s and again Abbie took 2nd place in the 1500m in 5m 07.04s.

NSW Combined Catholic Colleges Carnival

The NSW Combined Catholic Colleges Athletics Championships were held on Friday, 21st September and we were represented by 5 athletes.

Eliza Da Silva placed 8th in the 14yrs 100m in a time of 13.20s. In the 200m Eliza finished 5th in a time of 26.85s and was also 5th in the 400m in 66.61s. Eliza's 4x100m CGSSSA relay team picked up the silver medal in a time of 51.05s.

Savi Moala placed 5th in the 14yrs long jump with a jump of 5.51m, was 10th in the discus with 28.63m best throw and ran 12.70s to place 15th in the 100m.



Sophie Gocher (above middle) was the 17yrs Age Champion at the carnival. Sophie was the CCC Champion in the 800m in a time of 2m 26.38s and in the 1500m was again the Champion with a time of 5m 03.04s. Sophie was 4th in the long jump with a best jump of 4.68m and 5th in the 400m in a time of 63.56s.

Anastasia Latic (below, at left) competed in the 14yrs 800m and placed 6th in a time of 2m 36.99s.

Riley Turkal collected the bronze in the Boys 13yrs 90m hurdles with a time of 17.64s.

NSW CAS CHAMPIONSHIPS

At the 89th Annual CAS Track & Field Championships held at SOPAC on the 20th September we have two athletes competing.

Benjamin Stevens won the 13yrs shot put with a good throw of 14.06m and also claimed the discus crown with a huge throw of 50.51m. Competing up an Age group Ben placed 4th in the 14yrs shot put with a best put of 12.39m and in the 14yrs discus was 2nd with a throw of 48.78m. In his third discus competition of the afternoon, the 15yrs boys, Ben placed 3rd with a throw of 49.51m.

Ben Nogajski won the 17yrs shot put with a throw of 15.15m and like Ben Stevens then competed up an Age group to place 4th in the Open Boy's shot put with a best throw of 13.94m.

Our athletes excel at the MacKillop Athletics Championship.

The MacKillop Athletics Championships were held in wet and blustery conditions at SOPAC on Monday 24th September and we were represented by 7 athletes.

Having set 2 records at the Inner West Carnival, **Ruby Worrell** (below) went in with a goal of getting through to State in one event. Instead Ruby scored 3 spots from 3 events.

In the 12-13yrs 100m Ruby won her heat in a time of 13.89s to qualify second fastest for the Final and indeed finished 2nd in the final in a time of 13.91s. In the 200m Ruby was again the fastest in her heat in a time of 28.80s and ran a faster 28.71s time to collect her second silver medal of the day. In the long jump Ruby placed 3rd with a jump of 4.10m. In the 11-13yrs 4x100m relay event, Ruby's team placed 3rd in the heat and then 6th in the final in a time of 59.72s



Kate Wheeler has also qualified for NSWPSA after placing 3rd in the girls 12-13yrs shot put with a best throw of 7.55m. In the discus, Kate was 12th with a best throw of 18.35m.



Above Ruby gives a bit away in terms of height to the opposition and below Kate with her bronze.



Below Kate out at shot put



Andrew Kalos (above right) was another of our throwers. In the 11yrs shot put, Andrew threw of pb throw of 10.13m to place 7th and was 8th in the discus with a best throw of 23.13m.

Nathan Barbara (below) had a great day collecting a silver and two bronze medals from four starts. Nathan's silver came in the 11-13yrs multi-class 100m when he ran a time of 26.09 (67.19%). In the Shot put Nathan was 4th with 4.87m (37.78%). In the long jump Nathan collected bronze with his jump of 1.88m (45.19%) and his second bronze came in the Discus with a throw of 11.97m (27.50%).



Isabella Barbara (below) competed in the 11yrs shot and discus and finished just out of the medals in 4th place in the discus with a best throw of 20.51m. In the shot put Isabella was 5th with a good throw of 8.79m.



Oliver Smith (below) was Senior's only representative in the middle distance events competing in 12-3yrs 800m. Oliver ran a good time of 2m 28.64 to bring home the silver and a berth at the NSWPSA Championships.



The 11yrs boys high jump was an extremely close affair with the winner jumping 1.35m and then 9 boys all clearing 1.30m. **Owen Chandler (below)** was one of those nine, and on count back finished just outside the medals in equal 4th place.



Below Oliver & Owen (second from right) were also members of the St Michael's Meadowbank 11-13yrs 4x100m relay team. The boys placed 6th in their heat in a time of 60.58s





Above Owen and Andrew. Andrew out at shot put getting a pb. Well done. Below left Nathan gets silver



NSW CIS Championships – our girls shine

At the NSW Combined Independent Schools Athletics Carnival held at Homebush on the 25th September we were represented by 5 athletes.

In good preparation for the upcoming All Schools **Georgia Arcus** finished with two silvers. In the 14yrs 1500m Georgia was 2nd in a time of 4m 57.70s and in the Junior 3000m her second silver came with a time of 10m 53.00s.

Zara Warland showed she is as strong on the field as she is on track when she won the bronze in the 14yrs discus with a best throw of 29.40m and then another bronze in the 800m in a time of 2m 25.56s



Amelie Sun was 3rd behind Georgia in the 1500m in a time of 5m 06.43s.

Continuing the great work from our 14yrs age group was **Sophie Kavanagh** who placed 3rd in the high jump with a clearance of 1.50m and another bronze in the triple jump with a best jump of 10.33m. In the javelin Sophie threw 24.31m to place 8th.

Samantha Brown finished in 4th place in the 17 years Girls 800 metres event in a time of 2 mins 28.88 secs.



Above Georgia (right) collected two silvers at CIS

The NSW All Schools Athletics Championships

The NSW All Schools Championships were held at Homebush from 27th to 30th September and we had a total of 26 athletes competing there.

Timothy Forster was our first competitor out on the field in the 13yrs Triple Jump. Timothy's best jump of 10.03m saw him place 13th overall.



Mum, Christine & Coach Ross were thrilled with Adam's silver in the 14yrs 2000m Steeplechase

Senior Club Captain **George Davis** was our first competitor out on the track and finished 4th in the 15yrs 3000m walk in a time of 16m 21.07s.

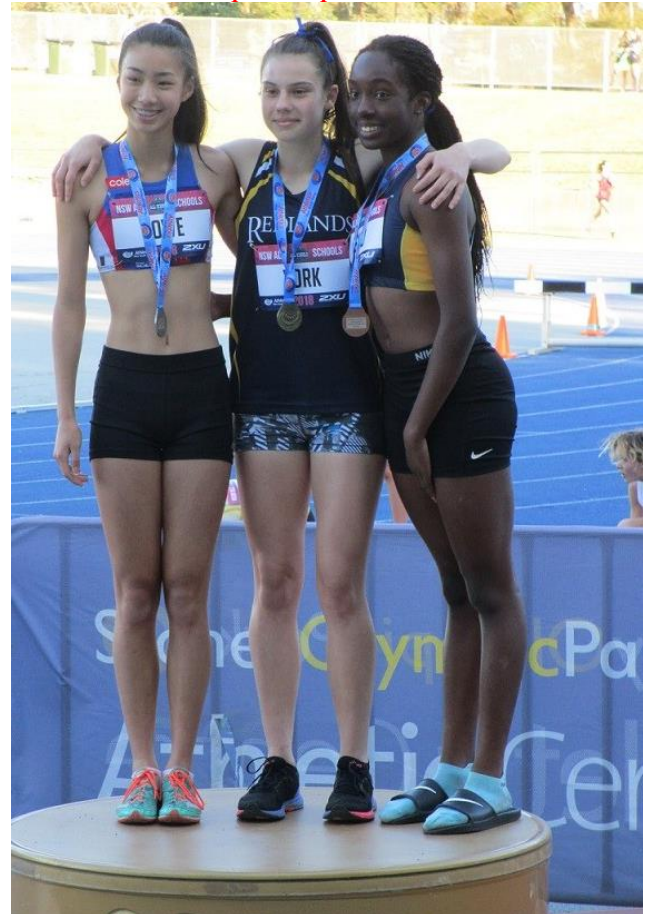
Benjamin Stevens got his meet off to a great start when he placed 2nd in the 13yrs Hammer and secured himself a spot on the NSW team for the Australian All School Championships in Cairns in December. Ben threw the hammer 40.60m.

Alyssa Lowe started her five event campaign with bronze medal in the 15yrs 200m hurdles. Alyssa ran a time of 29.58s.

The 14yrs 800m saw three of our girls out on the track. **Amelie Sun** finished best and just out of the medals in 4th place with a time of 2m 20.16s. This is under the 2017/8 Australian qualifying standard. **Zara Warland** was 8th in a time of 2m 24.30s and school mate **Charlotte Curran** was 9th in 2m 26.21s.

Adria McAndrew hopped, stepped and jumped to a distance of 9.16m and 18th place in the 14yrs Triple Jump.

Below Aly's second visit to the podium on day one. This time silver in the Triple Jump



The two Riverside girls, **Portia Amy-Wilson** (directly below) & **Alyssa Lowe** (bottom) were out at the 15yrs Triple Jump late afternoon. Portia finished 11th with a best jump of 10.16m and Alyssa pulled out a 50cm personal best jump of 11.54m to claim the silver medal and a berth on the NSW team for Australian All Schools in Cairns.



We had three competitors in the 14yrs Girls 2000m Steeplechase. **Arabella Price** ran a great time of 8m.00.09 to place 4th. This time is under the 2017/8 National qualifying time so fingers crossed it doesn't change for 2018/9 in which case Arabella will get a run at the Australian Juniors next year.

Zara Warland who had earlier in the afternoon run a great 800m race, was 8th in 8m 20.53s and

Anastasia Lakic (top right front of the group) finished 10th in 8m 23.61s.



The Bruntsch family had already booked their September school overseas holiday when it was announced that the NSW All Schools was moving to the start of the holidays. That meant they really only had the option of entering the Steeplechase. **Adam Bruntsch (below)** ran his first steeplechase at NSW Juniors in February 2018 and recorded a time of 7.m 27.66. Some seven months later at the NSW All Schools last Thursday, Adam recorded a person best time of 6m 37.97s to smash that earlier time by 50 seconds and claim the silver medal and a spot on the NSW team for Cairns. In a special moment Adam's long-time coach, Ross Forster, got to present him with his medal.

Ashton Hanna was also in the Steeplechase and finished 10th in a time of 7m 25.83s, a 13 second improvement over his time in February.





Benjamin Stevens was competing at his first NSW All Schools Carnival and collected gold in the 13yrs discus and silver in the 13yrs shot put and hammer throw. Benjamin will be making the trek to Cairns in early December for the Australian All Schools Athletics Championships for all three events. An excellent achievement.

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 knew 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.

ANSW State Relays

Just to remind you that we will be looking over the next few weeks at team selections for the ANSW State Relays (24th -25th November). If you do wish to be part of a team please ensure that you are a financial member well before that date so we can consider you for our teams.



Above Adam on the podium & off to Cairns

Connor Ryan competed in the 15yrs boys 2000m Steeplechase and ran a time of 7m 31.43s to place 5th.

Samantha Brown and **Sophie Gocher** continued their friendly rivalry in the 17yrs 2000m Steeplechase. Samantha came out in front this time with the silver medal and a time of 7m 25.45s with Sophie not far behind in the bronze medal spot with her time of 7m 30.89s. Sam will represent NSW at the Australian All Schools & Australian Juniors and Sophie's bronze has secured her a spot at the Australian Juniors next April. Ross Forster presented the girls with their medals.

Well done Sam & Sophie

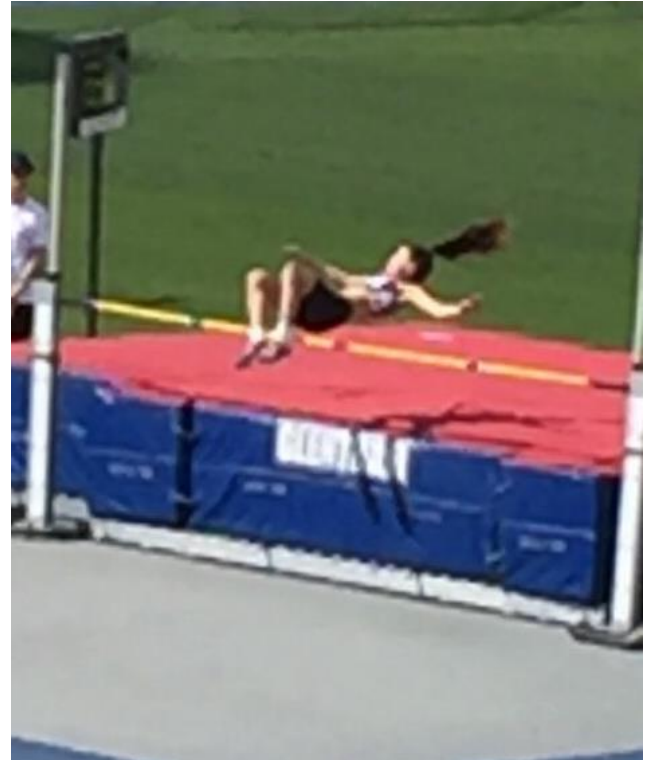


Day Two saw **Krishani Coffin** make her All Schools debut and Krishani had a great start when she did a personal best jump of 1.40m in the 12yrs high jump to place 7th.

In the 15yrs javelin **George Davis's** first round throw of 35.14m saw him place 16th overall.

Krishani Coffin was next out on the track in the 200m 12yrs girls heats. Krishani was 5th in her heat and 15th overall for NSW in a time of 28.96s.

Below Krishani cleared 1.40m for a new PB.



Alyssa Lowe's first event for Day 2 was the 15yrs High jump where a clean run through her early rounds until she hit 1.60m saw Aly take home 5th place with a best jump of 1.55m.

The girls 14yrs 200m heats saw over 40 girls listed to start the event. **Eliza Da Silva** placed 3rd in her heat in a time of 27.42s.

Sophie Kavanagh finished slightly ahead of **Adria McAndrew** in heat one in 6th and 7th place and times of 28.06 and 28.72s.

Benjamin Stevens was out at the 13yrs shot put on Day 2 and again secured a Cairns spot with a silver medal and final round throw of 14.44m. In an exciting final round, Ben moved from 3rd to 1st but then the final thrower managed to retake the lead with a final round throw of 14.71m.



The 14yrs Girls 3000m was another massive field. Finishing best for the Ryde runners was **Georgia Arcus** who placed 5th with a time of 10m 37.71s. Given the 2017/8 qualifying time is 11.00min fingers crossed Georgia will be running this event at the Australian Juniors next year. Less than a second behind Georgia in 6th place was **Amelie Sun**, also well under the 11 minute mark with a time of 10m 38.23s.

Jacob Leon (below) was in good form at CHS and carried this over to All Schools when he won the silver in the Boys 3000m in a time of 9m 20.63. This will be Jacob's debut at the Australian All Schools.



In the same event **Ashton Hanna** ran 10m 41.36s to place 24th.

After silvers in both the shot put and hammer, **Benjamin Stevens** was out for his pet event, the discus and did not disappoint. After smashing the Ryde Little A record for U14's the previous Saturday, Ben led NSW All Schools from the first throw and was completely untroubled by the opposition, finishing almost 9 metres ahead of second. Ben's final throw was 49.27m and earned him his third spot on the NSW team for All Schools.



Samantha Brown was back on the track for the 17yrs 3000m and finished in 6th place just under the 11 minute barrier with a time of 10m 59.00.

Day Three saw **Jacob Leon** back out on the track early in the heats of the 14yrs 1500m and he shook off any cobwebs from the 3000m the night before with a 2nd place in his heat and second fastest time overall to qualify for the Sunday final in a time of 4.28.09s. Ashton Hanna ran in the same heat and placed 20th overall with a time of 4m 57.82s

Above from top to bottom Eliza (second from right), Sophie (second from left) and Adria (far right) in the 200m 14yrs heats.

The girls 14yrs 1500m was run as a straight final and again **Georgia Arcus** was the best placed of the Ryde girls with 4th place and a time of 4m 57.86s. **Arabella Price** was 7th in 5m 05.22s and **Anastasia Lakic** placed 11th in a time of 5m 18.37s.



Above Arabella at left and Georgia three from right in the 1500m. Below Anastasia in the blue top.



In the 14yrs high jump, the winner jumped 1.60m and then six girls finished at the height of 1.55m and **Sophie Kavanagh** was one of them. On countback a miss at her first attempt at 1.55m saw Sophie place 4th overall in a very close competition.

In the 100m heats **Timothy Forster** ran 14.27s to place 8th in his heat. In the 15yrs 100m heats **Jessica Forster** was 9th in a time of 14.22s.

The 14yrs girls 100m heats saw **Eliza Da Silva** just miss a final spots when her time of 13.39s was the

13th fastest overall. **Adria McAndrew** was 8th in her heat in a time of 14.74s.

Having a break from middle distance running, **Zara Warland** was showing off her throwing skills at the 14yrs Discus where she placed 14th with her final round throw of 26.00m

Charlotte Curran ran in the fastest heat of the Girls 14yrs 400m and her time of 62.86s saw her qualify for the Sunday final. **Jack Baker** ran in the Boys 14yrs 400m heats and finished in a time of 62.64s to place 15th overall.

Olivia Dyer was out on the field in the 15yrs discus event and her best third round effort of 21.64m place her 16th overall.

School and club mates **Alyssa Lowe (below)** and **Portia Amy-Wilson** were both competing in the 15yrs Long Jump.

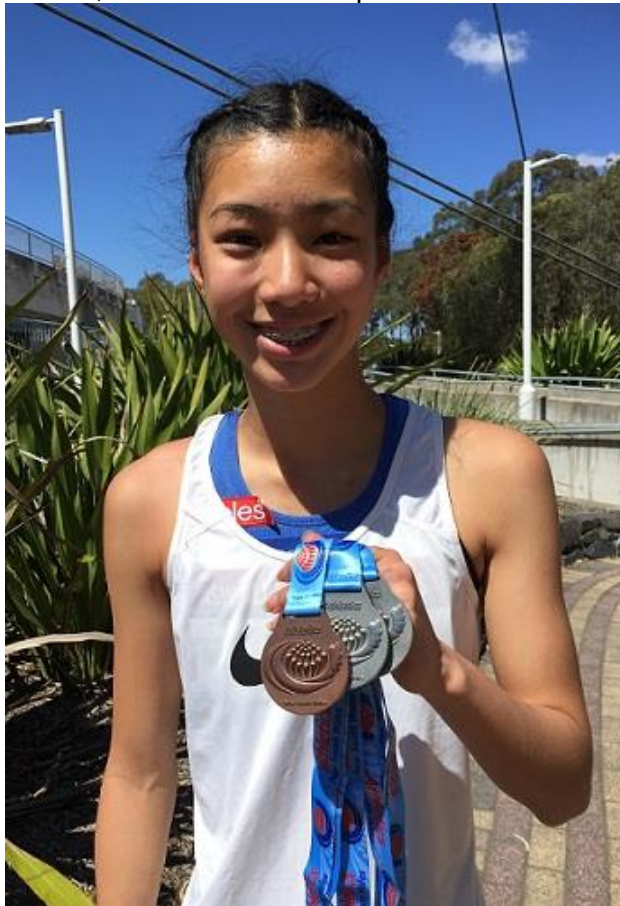
At the Australian Junior Championships Aly earned the nickname "one jump Aly" after only landing her third jump, along with a national title that day. After two fouls on Saturday afternoon, Alyssa landed a third round jump of 5.26m to snatch the 6th place going into the final extra round. In the final round Alyssa pulled out a personal best jump of 5.76m to jump to 2nd place and add the long jump to her triple jump spot on the NSW team for Australian All Schools.

After also fouling her first jump Portia pulled out two very consistent jumps of 4.73m and 4.75m to place 15th overall.



The final day saw an 8.00am start for our first competitor, **Sam Galati** in the 16yrs 110m hurdles event. Sam ran a time of 18.08s to finish 8th in the final.

In her final event of her meet, the 15yrs girls 90m hurdles, **Alyssa Lowe** (below) ran a great heat to win in a time of 13.64s to be equal fastest qualifier for the final. In the final Alyssa finished just out of the medals in 4th spot in the faster time of 13.59s. Aly finished her weekend with two silvers, one bronze, a fourth and a fifth place.



Mikayla Kelleher (left above) was unfortunately a non starter for most of her events over All Schools as she was carrying an injury from the previous week. Mikayla nursed that injury until the final day of All Schools and finished third in her heat of the 13yrs 80m Hurdles in a time of 13.89s to qualify for the State finals. In her first All Schools final Mikayla ran exactly the same time in the final of 13.89s to claim 6th place.

Abbie Lewis ran in the girls 16yrs 1500m and finished in 6th spot with a time of 4m 56.05s. This was Abbie's first time under 5 minutes.



Krishani Coffin had sat out day 3 of the championships due to illness but decided to return for the final day to give the 12yrs 80m hurdles a crack. Krishani ran a time of 15.46s to place 12th and just miss the final by two spots.

Adria McAndrew competed in one of the biggest field lists when she lined up with 28 other girls for the 14yrs long jump. Adria jumped consistently, with two of her jumps measuring 4.51m and she placed 18th overall.

The field for the 14yrs javelin was 26 strong and our representative was talented field athlete **Sophie Kavanagh**. Sophie threw 26.93m to place 11th

Timothy Forster (below) was 3rd in his heat of the 13yrs 90m hurdles in a time of 14.37s and qualify in 6th spot for the final. In the final Timothy ran 14.14s to place 6th.



Jacob Leon (below crossing the finish line) slashed around 6 seconds off his heat time on Saturday in the 14yrs 1500m to claim the bronze medal in a terrific time of 4m 22.70s. Jacob is just coming off the soccer season and is yet to turn his full attention to track training so with a second and a third at All Schools he may well have a remarkable season ahead of him.



Sam Brown picked up her second medal of the meet when she won bronze in the Girls 17yrs 1500m in a time of 4min 52.33s.

Charlotte Curran had to wait till almost the end of the competition to run her final, the 14yrs 400m was the fifth last run of the four days. Charlotte ran a pb time of 62.33s to place 8th in the final.



Above Jacob's second appearance on the podium over the Championships. Silver in the 14yrs 3000m and bronze in the 1500m

Ryde Senior Athletes finished the four days of NSW All Schools Competition with one gold medal, seven silver and four bronze medals . Well done to all our competitors.

Ryde Senior Division Club Championships

Sunday 4th November Dunbar Park.



On Sunday the 4th November the Senior's Division of the Ryde Athletics Centre will be holding Part 1 of the Centre Championships at Dunbar Park and all athletes registered as a Senior with Ryde athletics are invited to participate. Come along and have a crack at the Senior records or try the hammer throw, if you are game!

Events to be run are the hammer throw, discus, high jump, long jump, 1500m, 100m and 400m

Seniors covers all age groups from 12's right through to Opens, Veterans and Masters and many of our Little Athletes continue to compete for Ryde as senior athletes after their Little A days are over.

The first event will start at 9.15am. It's a relaxed morning where all the groups compete at the events at the same time and encourage each other on. We usually finish with a shared morning tea so if you can, bring something to share around. For further information about the day or to register as a Senior please contact Simon Bergfield on 0413 845 149 or email lbergfield@hotmail.com.



Please note we have no "hill sitters" at Senior's Day. As we are usually only a small group, all parents are required to move around with the group and help out at events. For safety and legal reasons we do not permit children who are not registered as Seniors out on the field.