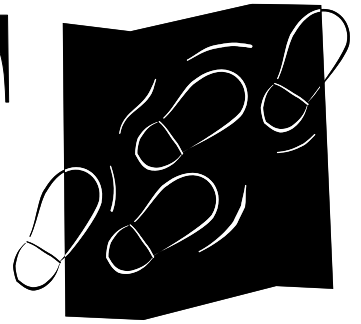




# FOOTPRINT



Senior Division September 2019

RYDE ATHLETICS CENTRE INCORPORATED  
PO Box 3658 Marsfield 2122

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

## Welcome back for a new season

With registration for a new season underway it is time to catch up on the autumn and winter months of performances for our Senior Athletes over the cross-country season and the start of the school athletic representative season. Plenty of news inside.

## Well done to our National Cross-Country Runners

**Charlotte Ryan and Sophie Gocher** qualified to represent New South Wales at the Australian All Schools Cross Country Championships held at Kembla Grange on 24<sup>th</sup> August in the U20 6km event. Charlotte finished in a time of 24m 05s to claim 25<sup>th</sup> spot and Sophie ran 24m 37s to place 33<sup>rd</sup>.

*Below Charlotte and Sophie and below, Charlotte about to cross the finish line.*



18/19 YEARS & U20 GIRLS AA START LIST		
10	Heidi Demeo	Tasmania
11	Annika Durante	New South Wales
12	Sian Fennell	Queensland
13	Aimee Ferguson	New Zealand
14	shauna flynn	New South Wales
15	Matilda Fraser	Queensland
16	Sophie Gocher	New South Wales
17	Imogen Gribble	New South Wales
18	Holly Hart	Victoria

18/19 YEARS & U20 GIRLS AA START LIST		
46	Charlotte Ryan	New South Wales
47	Keely Small	Australian Capital Territory
48	Olivia Smith	Queensland
49	Elena Stephenson	Queensland



## Winter Cross Country Results

The **NSW Cross Country Relay Championships** were held at Miranda on the 25<sup>th</sup> May and Ryde were represented by 2 teams and 3 individual runners.

Our Under 16 Boys team competed in the 4 x 3km Relay event and finished in 11<sup>th</sup> place. Our runners and their times were:-

**Adam Bruntsch** 10 mins 14 secs  
**Ashton Hannah** 11 mins 07 secs  
**Andrew Phillips** 11 mins 57 secs  
**Jack Baker** 13 mins 24 secs for a total time of 46 mins 42 secs.

Our Under 20 Girls team competed in the 4 x 3km Relay event and finished with the silver medal. Our runners and their times were: -

**Georgia Arcus** 12 mins 11 secs  
**Arabella Price** 12 mins 32 secs  
**Elli Barron** 12 mins 48 secs  
**Zara Warland** 13 mins 34 secs for a total time of 51 mins 05 secs

*Below Zara, Georgia, Ross, Elli and Arabella at Miranda*

Due to illness we were unable to field a second team but the following girls competed as individuals

**Sophie Gocher** 11 mins 23 secs  
**Samantha Brown** 13 mins 01 secs  
**Georgia Phillips** 13 mins 23 secs

The **NSW CIS Cross Country Championships** were held at Eastern Creek on Thursday, 13<sup>th</sup> June and we were represented by 6 athletes.

**Georgia Phillips** finished in 12<sup>th</sup> place in the 13 years Girls 3000 metres event in a time of 13 mins 11 secs.

**Elli Barron** finished in 21<sup>st</sup> place in the 14 years Girls 4000 metres event with her time of 17 mins 24 secs.

**Georgia Arcus** placed 4<sup>th</sup> in the 15 years Girls 4000 metres event in a time of 16 mins 01 secs.

**Arabella Price** finished in 23<sup>rd</sup> place in the 15 years Girls 4000 metres event with her time of 17 mins 30 secs.

**Amelie Sun** claimed 31<sup>st</sup> spot in the 15 years Girls 4000 metres event in a time of 18 mins 09 secs.

**Charlotte Ryan** won the bronze medal in the 18+ Girls 6000 metres event with her time of 25 mins 10 secs.





**The NSW CCC Cross Country Championships** were held at Eastern Creek on Friday, 14<sup>th</sup> June and we were represented by 1 athlete.  
**Sophie Gocher** convincingly won the 18+ Girls 6000 metres event in a time of 24 mins 24 secs.

The **Sydney North Regional Cross-Country Championships** were held at Gosford on Friday, 21<sup>st</sup> June and we had 7 athletes competing there.

**Elisha Pawsey** finished 19<sup>th</sup> in the 13 years Girls 3000 metres event.

**Kaitlyn Martin** placed 25<sup>th</sup> in the 13 years Girls 3000 metres event.

**Jacob Leon** won the 15 years Boys 4000 metres event.

**Adam Bruntsch** finished 2<sup>nd</sup> in the 15 years Boys 4000 metres event.

**Ashton Hanna** placed 10<sup>th</sup> in the 15 years Boys 4000 metres event.

**Andrew Phillips** finished 27<sup>th</sup> in the 15 years Boys 4000 metres event.

**George Davis** finished in 21<sup>st</sup> place in the 16 years Boys 6000 metres event.

**Zara, Elli, Arabella and Georgia, 2<sup>nd</sup> in the U16 4x 2km Waratah Street Relays.**

At the **NSW Cross Country Championships** held at Tapitallee on Saturday, 22<sup>nd</sup> June we were represented by **Amelie Sun** who placed 22<sup>nd</sup> in the Under 16 4000 metres event with her time of 16 mins 27 secs.

At the **Waratah Street Relays** event held at Ourimbah on Saturday, 13<sup>th</sup> July we were represented by 4 athletes who won the silver medal in the Under 16 Girls 4 x 2km Teams event. The girls are listed below in their running order and their individual times.

- Georgia Arcus 7m 21s
- Arabella Price 7m 38s
- Elli Barron 7m 50s
- Zara Warland 7m 54s

Some future Ryde Seniors were also in the mix at Ourimbah when **Zara Pawsey, Jacqueline Pawsey, Ella McGregor and Chloe McGregor** picked up a bronze medal in the U12 4 x 2km event. Elly Pawsey ran as an individual runner recording a one minute personal best time in the 4km event.



### **8 Representatives at the NSW All Schools Cross Country Championship**

At the **NSW All Schools Cross Country** held at Eastern Creek Raceway on Friday, 26<sup>th</sup> July we were represented by 8 athletes.

**Oliver Smith** placed 14<sup>th</sup> in the 13 years Boys Secondary 3km event in a time of 11 mins 59 secs.

**Jacob Leon** finished in 7<sup>th</sup> place in the 15 years Boys 4km event with his time of 13 mins 51 secs.

**Adam Bruntsch** placed 11<sup>th</sup> in the 15 years Boys event in a time of 14 mins 03 secs.

**Ashton Hanna** finished in 23<sup>rd</sup> place in the 15 years Boys event in a time of 14 mins 42 secs.



**Georgia Phillips** placed 45<sup>th</sup> in the 13 years Girls Secondary 3km event with her time of 13 mins 51 secs.

**Georgia Arcus** finished in 47<sup>th</sup> place in the 15 years Girls 4km event in a time of 17 mins 52 secs.

**Charlotte Ryan** placed 5<sup>th</sup> in the 18 years Girls 6km event with her time of 24 mins 52 secs.

**Sophie Gocher** finished in 6<sup>th</sup> place in the 18 years Girls 6km event in a time of 25 mins 10 secs.

*Right; Jacqueline Pawsey, Chloe, Ella & Mitch McGregor, Zara and Elly Pawsey with the team's medals at Ourimbah.*



**The Little Athletics & Waratah Series Short Course Cross Country Championships** were held at Upjohn Park on the 3<sup>rd</sup> August and Ryde Junior and Senior athletes came home with one individual silver and bronze medal and a team gold and silver medal.

Ryde's youngest competitor, **Kourtney Holl**, 7 ran a time of 5m 10s in the 1km event to finish with the bronze medal. **Adam Bruntsch** (below) was one of three boys we had running in the U16 event. Adam won the silver medal when he finished in a time of 14m 13s in the 4km run.

**Ashton Hanna** was 6<sup>th</sup> in a time of 15m 12s and **Jack Baker** was 9<sup>th</sup> in a time of 19m 15s.



*Above Adam and his long time coach, Ross*



Our U14 Girls 4 x 3km team had a great run and finished with the silver teams medal overall.

**Elly Pawsey** was the first of our runners home in 11<sup>th</sup> spot and a time of 11m 05s, followed by **Kaitlyn Martin** in 12<sup>th</sup> with a time of 12m 40s **Annabel McDonald** ran 13m 42s to claim 14<sup>th</sup> spot and **Krishani Coffin** ran 13m 50s to place 16<sup>th</sup>.

Ryde's U11 3x2km event Girl's team finished with the gold medal in the teams event. **Zara Pawsey** finished just out of the individual medals in 4<sup>th</sup> place in the team's best time of 8m 27s.

**Ella McGregor** was 12<sup>th</sup> in a 9m 01s just one

place in front of **Charlotte Nagle** who finished in 9m 7s.

Ryde's other little athletes competing in the individual event were **Jacob Armstrong**, 11<sup>th</sup> in the U8B 1km event in a time of 6m 45s, **Rhys Chandler**, 11<sup>th</sup> in the U9B 1500m in a time of 6m 24s, **Chloe McGregor** 10<sup>th</sup> 6m 37s in the U9G 1500m **Erin Armstrong** 22<sup>nd</sup> in the 1500m U9G in a time of 7m 14s and **Jacqueline Pawsey** 6<sup>th</sup> in 4m 32s in the U8G 1km.



*Above Annabel, Krishani, Elly & Kaitlyn. U14 silver medallists. Below Elly and Kaitlyn out on the course*







**Above Annabel and Krishani at Upjohn Park . Below Georgia at the NSW All Schools Cross Country. Bottom right Ella, Charli & Zara – Gold at Upjohn in the U11 3 x 2km relay**



**Got something to tell us? Have we missed some results? Please send any results and photos to [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) for future Footprint editions throughout the season.**





*Above Ashton and Tyoong who will be joining Ryde this season. On the right is Adam. Below Jacob on the podium collecting his bronze for third in the 15yrs NSWCHS event.*



## ***ATHLETICS ISN'T JUST FOR TOTS TO U17'S.***

### ***WHY NOT GET FIT, GET AMONGST IT AND CHALLENGE YOURSELF BY JOINING RYDE SENIORS TODAY?***

Athletics isn't just for the children and I'm sure there must be some frustrated jumpers, throwers and runners amongst our parents so why not join Ryde Seniors? Every week there are competitions somewhere around Sydney for registered Athletes to compete. Most of the track events are seeded so you will run against athletes of similar ability regardless of age. This is a good way to challenge yourself and work on your fitness. You only have to enter the events you want and events run to a pretty strict timetable so not too much waiting around.

Did you know that Masters Athletics starts at just the age of 30? Many of our older Athletes have been competing at Masters level over the past season and contest the state and national and even world championships. These carnivals have a great atmosphere as well as giving you the opportunity to compete against the best in your age group.

### **What are the Senior Registration fees for 2019/20?**

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

Fees for Senior registration are as follows

**Opens (20yrs and older) - \$190**

**Concession member 19yrs of age and under as well as Government concession card \$160**

**Club Athlete - \$130** (please note – this membership only allows you to compete for Ryde in the following events: State Relays, Club Championships, NSW Masters Championships, Country Championships, Cross Country Relays, Street Relays)

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

**Ryde U12-17 registered Little A's who nominated Ryde as their Senior club– 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 (Account name: Ryde Athletics Centre BSB 062-166, Account No. 00903276 include your athlete's surname and initial) **or you** can pay on line at [ANSW](#) by selecting in the registration type "Dual Members not registered with Ryde Little Athletics - \$40". These fees help 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).





## ***Thank you to Coles for our new hurdles***



***Above Parents and Committee members assembled 50 new hurdles for the Club courtesy of a Coles Grant***

Ryde Little Athletics Centre has received a \$4,100 grant from Coles to buy brand new sports gear, thanks to funds raised through the sale of Coles' Community Chiller Bags.

Since November 2018, Coles has provided more than \$800,000 in grants for new sports equipment to 217 Little Athletics centres across Australia.

Funds for the grants are raised through the sale of specially-marked chiller bags – 25 cents from each sale is directed to the Coles Little Athletics Community Fund to provide sport equipment grants.

Coles State General Manager Emma Bridges is delighted the Community Fund program has helped centres such as Ryde.

"The Ryde Little Athletics Centre told us they would like to receive a grant for hurdles, and we were delighted to help because we know these are an essential part of Little Athletics to support young budding athletes," said Bridges.

Ryde Little Athletics Treasurer Melissa Chandler said the grant would make a considerable difference to the centre.

"We have a lot of old hurdles that are literally falling apart, and this grant will allow us to replace them in time for next season," said Mel. "We also have local schools using our equipment for school carnivals, so the new hurdles from Coles will benefit not only Ryde's Little Athletes, but the primary schoolkids in the area as well."



## NSW PSSA Athletics Trials

Due to the School Sport Australia National Championships being held in Darwin in September, State Selection trials were held at SOPAC on 8<sup>th</sup> August. & Ryde Seniors were represented by four athletes.

**Jessica Johnston** placed 2<sup>nd</sup> in the 12yrs high jump with a best jump of 1.46m. Jess was 4<sup>th</sup> in the shot put (9.60m) and 5<sup>th</sup> in the discus with 30.72m.

**Andrew Kalos** was 11<sup>th</sup> in both 12yrs shot put with best throw of 9.47m and discus (27.84m).

**Zara Pawsey** competed in the 11yrs high jump and was unlucky not to clear the bar.

**Joshua Smith** was 14<sup>th</sup> in the 12yrs 200m in 28.96s and jumped 3.72m to finish 16<sup>th</sup> in the long jump.

One of Ryde's junior members, **Luke Moscós** also competed and placed 2<sup>nd</sup> in the 10yrs 800m in 2m 32.50s.

Jessica's 2<sup>nd</sup> earned her a spot on the NSW team. Jess had however the week before, been selected in the NSW Primary Schools State Netball team to contest the national championships. Unfortunately, these two events overlap, and Jess chose the netball. A very talented all-rounder.

## Athletics Season kicks off with the Sydney North's Athletics Championships

The **Sydney North Athletics Championships** were held at Homebush on 29<sup>th</sup> and 30<sup>th</sup> July and we were represented by 21 athletes.

**Timothy Forster** won the 14 yrs 100m Hurdles in a time of 15.59s.

**Alyssa Lowe** won the 16yrs 100m Hurdles with her time of 14.98s. In her 100 m Alyssa was the winner in a time of 12.36s. Aly produced a pb performance in her High Jump when she won with her clearance at 1.66m. In Long jump Aly claimed 2<sup>nd</sup> place with her leap of 5.59m. Aly won her Triple Jump with her leap of 11.28m.

**Mikayla Kelleher (right)** finished 2<sup>nd</sup> in the 14 yrs 90m Hurdles in a time of 16.39s. In her 200m Mikayla was 8<sup>th</sup> in a time of 30.42s. Mikayla finished 2<sup>nd</sup> in Long Jump with best jump of 4.42m and was 7<sup>th</sup> in the 12-15 yrs Triple Jump with 9.16m. Mikayla was 4<sup>th</sup> in discus (23.03m.)

**Phoebe Cooper-Phillis** placed 4<sup>th</sup> in the 14 yrs 90m Hurdles with her time of 17.44s.

*Right Mikayla in the hurdles*

**Krishani Coffin** was 2<sup>nd</sup> in a time of 14.07 in the 13yrs 80m Hurdles. Krishani was 4<sup>th</sup> in the 100m in a time of 13.56s. Krishani placed 3<sup>rd</sup> in her 200m in 28.79s. In High Jump Krishani was equal 3<sup>rd</sup> place with 1.35 m.

**Jacob Leon** won the 12-15 yrs 3000m with his time of 9ms 30.72s. In his 1500m **Jacob** was the winner in a time of 4m 22.75s. Jacob claimed his third win of the carnival in his 800m in a time of 2m 04.31s.

**Sam Galati** finished 13<sup>th</sup> in the 17-19 yrs 100m in 12.54s. In his 200m Sam was 8<sup>th</sup> in a time of 26.21s. Sam was 9<sup>th</sup> in Triple Jump with his leap of 11.60m.

**Aliana Moala** was 2<sup>nd</sup> in the 13 yrs 100m in a time of 13.45s and was again 2<sup>nd</sup> in the 200m with her time of 28.50s. In the 12-15 yrs Triple Jump Aliana filled 3<sup>rd</sup> place with her leap of 10.32m. Aliana was equal 6<sup>th</sup> in her High Jump with her clearance at 1.35 m. In Long Jump Aliana leapt 4.31 m for 4<sup>th</sup> spot. Aliana placed 2<sup>nd</sup> in her Shot Put with her effort of 9.07m.

**George Davis** ran 5<sup>th</sup> in the 16 yrs 400m in a pb time of 55.52s. In his 200m George finished in 10<sup>th</sup> place with his time of 25.74s. George was the winner in his Javelin with a personal best throw of 45.00m. George was 6<sup>th</sup> in Triple with his leap of 11.67m.







**Natasha Fairhall** placed 4<sup>th</sup> in the 12-13 yrs Girls Javelin throw with her effort of 26.22 metres. In her Shot-put event Natasha finished in 6<sup>th</sup> place with her throw of 8.35 metres. Natasha claimed 4<sup>th</sup> place in her Discus event with her effort of 20.72 metres.

**Emily Metcalfe** finished 11<sup>th</sup> in the 14 yrs 100m event with her time of 14.48secs.

*Top Sam at Triple Jump at right Alyssa in the hurdles.*



*Above Krishani and Aliana in the 100m*

**Sarah Brown** claimed 3<sup>rd</sup> place in the 16 yrs Girls Triple Jump event with her leap of 10.06 metres.

**Emily Ralph** finished in 5<sup>th</sup> place in the 17-19 yrs Girls Javelin event with her throw of 29.12 metres.

**Olivia Dyer** finished 5<sup>th</sup> in the 16 yrs Girls Discus event with her effort of 20.72 metres.



*Above Adam was pleased with his two 2<sup>nd</sup> places which will see him run the 1500m & 800m at NSWCHSSA*





**Portia Amy-Wilson** was 3<sup>rd</sup> in the 16yrs shot with a throw of 9.86m, 1<sup>st</sup> in the javelin with a throw of 33.36m and 4<sup>th</sup> in the long jump with 5.04m.

**Adam Bruntsch** finished 2<sup>nd</sup> in the 15 yrs Boys 1500 metres event with his time of 4 mins 28.29 secs. In his 800 metres event Adam again placed 2<sup>nd</sup> with his time of 2 mins 07.55 secs.

**Eleanor Partridge** placed 6<sup>th</sup> in the 16 yrs Girls 800m in a time of 2 mins 41.49 secs.

**Adria McAndrew** placed 4<sup>th</sup> in the 15 yrs Girls Long Jump with her leap of 4.71 metres.

**Jett Tall** placed 6<sup>th</sup> in the 17-19 Boys Discus event with his effort of 34.01 metres.

**Ivan Prizmic** claimed 2<sup>nd</sup> place in the 13 yrs High Jump with his clearance at 1.56 metres.

**Riley Leverett** finished in 3<sup>rd</sup> place in the 17-19 yrs Long Jump with his leap of 5.63 m.

**Alyssa Lowe, Aliana Moala and Mikayla Kelleher** were also named as Age Champions for the meet.

*Below Portia jumped 5.04m to claim 4th in as very talented field of jumpers.*



*Georgia after her run in Birmingham*

## Georgia Winkcup runs a World Qualifying Time

Former Ryde Athlete and dual Club Captain **Georgia Winkcup's** sensational season keeps on keeping on.

After finishing as the 3<sup>rd</sup> Australian at the Australian Open Championships in the 3000m Steeplechase in April in a time of 10m 25.69s, Georgia went on to finish second at the Oceania Area Championships in a time of 9m 46.51s just six seconds off a World Qualifier. A timely trip to Europe saw Georgia bring that time down further to 9m 45.98 in Liege, Belgium on 17<sup>th</sup> July and then on the 2<sup>nd</sup> August in Birmingham Georgia ran 9min 37.43s to put her well under the qualifying mark of 9m 40s.

With only one other Australian female athlete having made the qualifying time so far for this event we're keeping fingers and toes crossed for Georgia to make the IAAF World Championships in Doha in September/October 2019.



## Ryde Athletes bring home the medals for Australia at the 2019 Oceania Games

**Alyssa Lowe** and **Sophie Gocher** have both returned from the 2019 Oceania Athletics Championships held in Townsville from the 25<sup>th</sup> to 28<sup>th</sup> June, with medals.

The Oceania Championships include competitors from 20 countries within the Pacific Region. This was the first time Alyssa had made an Australian Athletics team and for Sophie, her second time.

Alyssa came home in a time of 14.45s with a bronze medal in the U18 100m hurdles. Sophie was able to back up the bronze she won at the Australian Track and Field Championships earlier this year when she ran a time of 11m 29.81s to finish with a silver medal in the U20 3000m Steeplechase.

*At Right Sophie with former Ryde Athlete Georgia Winkcup who finished with silver in the Open steeplechase, Aly below bronze in the 100m hurdles and Sophie out at the water jump.*





## Sophie Gocher – our Club 6 Ryde Sports Foundation TWT Sports Star of the Month.

**Sophie Gocher** was recently recognised by the TWT/Club Six/Ryde Sports Foundation with a Sports Star of the month Award.

Sophie was nominated for her performances in the 2018/19 season which included a silver medal at the Oceania Championships, a bronze medal at the Australian Junior Championships and a state

title at the ANSW Junior Championships – all in the 3000m Steeplechase. As well as her track results Sophie's nomination also covered her inclusion in the NSW team for the Australian Cross Country Championships last year.

The award is made at a bimonthly presentation at one of the sponsoring Clubs. Local Ryde identity and Ryde Sports Foundation President, Jim Hull interviewed Sophie about her achievements and aspirations before presenting Sophie with her invitation to the gala Sports Star of the Year Dinner on May 1<sup>st</sup> 2020. Congratulations to Sophie on a well earned reward



## Broken Bay Catholic Colleges Athletics Results

At the **Broken Bay Catholic Colleges Athletics Carnival** held at Homebush on Tuesday 27<sup>th</sup> August we were represented by three athletes.

**Sienna Beram** finished 8<sup>th</sup> in the 12yrs 1500m in a time of 6m.25.89s and was again 8<sup>th</sup> in the 800m in a time of 3m .01.17.

**Caitlin Waldron** competed in the 14yrs discus throw and was the clear winner with a best throw of 29.42m. Caitlin backed this win up with another win in the shot put with her best throw of 9.20m.

**Sofia Gately** blitzed the field when she competed in the 15yrs javelin and had a best throw of 29.62m to take first place. We wish both Sofia and Caitlin good luck when they compete in their throws events at NSW CCC Carnival later this month.

**Sofia and Caitlin at right**







*Above Caitlin out at Shot put at Broken Bay.*



*Above Zoe (2<sup>nd</sup> from left) on the start line at a Friday night IGSSA carnival*

*Below amongst the Loreto girls at the IGSSA trials are Ryde girls Georgia, Arabella, Zara and Sophie. Bottom Elli, Arabella and Georgia at CIS Cross Country and Ross with Charlotte*





## **RYDE SENIORS FUNDRAISING EVENTS FOR 2019/20**

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. In the last two seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and most recently for the Oceania Athletics Championships.

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

**Blackmores Marathon 15<sup>th</sup> September**- Thank you to the Warland, Sun, Pawsey, Barron & Arcus families who have signed up and will be on Water Station 3 on the Marathon. We have our twelve volunteers ready to go. Thank you to the other families who also offered to fill spots.

Please put in your diaries the following days for which we will be needing helpers this season.

On Sunday the **20<sup>th</sup> October** we will be running an all day Bunnings BBQ at the Bunnings at Rydalmere from 7.30am to 4pm and would welcome helpers to cook, serve, act as cashier and keep the area tidy. Last year we had many enthusiastic helpers and everyone said they enjoyed their shift. We hope to have lots of helpers out again this year.

Our Ryde Little Athletics Division generously let us run a BBQ and cake stall during normal Little A competition and this will be on **Saturday 9<sup>th</sup> November**. As part of that we will also be running our very popular "Gold for Gold" cake stall where everything is \$2. We'd appreciate helpers to BBQ, serve, bake and clean up.

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](mailto: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.





# Welcome to Ryde Senior Division

The Senior Division of Ryde Athletics Centre covers athletes from U12's upwards to Opens and Veteran level. This opens up a whole further level of competition and events that athletes can compete in apart from those offered to Little Athletes through Little Athletics NSW. These include all competitions run by Athletics NSW. It also means there are new events you can contest such as the hammer throw, steeplechase, 400m hurdles and pole vault. Full details on these competitions can be found by checking the ANSW website calendar. Go [to nswathletics.org.au](http://nswathletics.org.au). You can also compete at interstate championships. Go to the Athletics Australia [calendar](#) for the full list of State and national events.

They include;

**The NSW All Schools Championships will be held from 26<sup>th</sup> to 29<sup>th</sup> of September and is open to all high school students.** Competing at these Championships gives you the opportunity to qualify for the NSW team to compete at the Australian All Schools and the Australian Junior Championships. Last year at NSW All Schools, Ryde athletes won 5 silver and 4 bronze medals. You can [register on line](#) now on the ANSW website. Registrations close 9am Wed 11<sup>th</sup> September.

**The NSW State 3000m** will be held at SOPAC on **Saturday 2<sup>nd</sup> November**. There are various graded races run over the evening and it is a good way to challenge yourself above club level.

**ANSW Senior State Relays.** As with the Little A Relays, teams are made up of four athletes competing in various field or track relays. These will be run the **23<sup>rd</sup> -24<sup>th</sup> November** at Campbelltown Athletics Track. Unlike Little A there are no real limits as to how many events an athlete can compete in and athletes can compete in multiple events in different age group. Track events run in ages from U14, U16, U18, opens & masters and field events U14, U18, Masters and Opens. We like to enter as many teams as we can, and we look at the ability of the athlete rather than their age. A timetable of events will be up eventually, on the ANSW website.

**NSW Club Championships** last year were run as a team event and we were in 3<sup>rd</sup> place when event was rained out. This year it is scheduled for **14<sup>th</sup> December at SOPAC**. It requires a small team of athletes who between them, can jump, throw, sprint, hurdle and cover middle distance.

For something a bit different you might like to head to Wollongong for the **State 60m and Mile Championships on 11<sup>th</sup> January** at Kerryn McCann Athletics Centre

**The NSW Combined Event Championship** – will be held on the weekend of **25<sup>th</sup>-26<sup>th</sup> January (Venue & Date TBD)**. This is the NSW qualifying event for the **Australian Combined Event Championships** which will be held from the 15<sup>th</sup> to 18<sup>th</sup> February in Queensland.

**NSW Junior Athletics Championships will be held from 21<sup>st</sup> to 23<sup>th</sup> February 2020** and are one means by which athletes can qualify to compete at the **Australian Track & Field Championships**. All Ryde Senior athletes turning between the ages of 12 and 19 in 2020 are eligible to compete at the NSW Juniors.

**Allcomers competitions** are open to all Athletics NSW registered athletes. The competition is graded allowing athletes of similar ability and standard to compete against one another. They are also held regularly on Saturdays at various venues.



**Permit Meets.** An Athletics NSW permit meet is an athletics competition run by an NSW club that has been awarded permit status by Athletics NSW. These meets are conducted under IAAF rules, and allow athletes to qualify for National Championships and be eligible for rankings. Many of the competitions will have a specific focus, for instance, a throws only or a verticals jumps meet.

**The Australian Championships** – to make the NSW team for these championships you either need to place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> at either NSW All Schools or NSW Juniors or achieve a national qualifying time, height or distance. [These Australian Qualifying Standards](#) are on the Athletics Australia website along with the rules as to where you can do a qualifying performance. Please note these are last season’s Standards. The 2019/20 Standards should be out in the next few months but based on previous seasons, the 2018/19 Standards will give you a reasonable idea as to what they will be. The 2020 Australian Track & Field Championships will be held in Sydney from **21<sup>st</sup>-29<sup>th</sup> March 2020**.

**How do I compete at these events and what do I need to wear?**

Most ANSW events allow you to either register online at their website or for some, you pay on the day when you compete. Further details will be found for each event on the [ANSW website](#).

**Ryde Senior Club Championships**

All Ryde Seniors are invited to attend the **Ryde Seniors Championship Days** that are held twice a season at Dunbar on a Sunday morning. The first of these for this season are usually held in November and then the second in January/February. These are fairly casual mornings where all athletes move around the events together and compete and cheer each other along. An invitation will be emailed to all members prior to these events. This seasons the dates are **3<sup>rd</sup> November and 2<sup>nd</sup> February**.

**Senior Footprint newsletter**

We will publish Senior Footprints a number of times during the season. If you ever have any results or photos etc. then please send them to [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com).

**WHO TO CONTACT?**

Please contact **Ross Forster** on **9801-4407** or **Simon Bergfield** on **0413 845 149** or [sbergfield@hotmail.com](mailto:sbergfield@hotmail.com) for more information on membership and Ross for more information on training or see Ross down at Dunbar most Saturday mornings. For Publicity and volunteering enquiries please contact **Louise Bergfield** on [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)

Have a great season.

<p><b>Seniors Committee 2019/2020</b>          President          Vice President          Secretary          Treasurer          Registrar, Race Secretary          Publicity &amp; Fundraising          Committee Member          ANSW Delegates          ANSW Co-Delegates          Northern Zone Delegates          Coaching Convenors</p>	<p>Simon Bergfield          Andrew Atkinson-Howatt          Suzanne Barron          Pete Davis          Ross Forster          Louise Bergfield          John Barron          Simon Bergfield, Andrew Atkinson-Howatt          Betty Moore          Andrew Atkinson-Howatt          Ross Forster, Andrew Atkinson-Howatt</p>
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