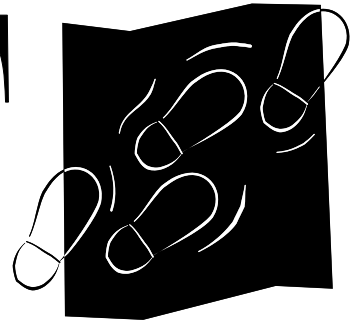




# FOOTPRINT



Senior Division September 2018

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

**Amelie Sun, Georgia Arcus, Samantha Brown and Sophie Gocher** all qualified to represent New South Wales at the Australian All Schools Cross Country Championships

held on Saturday 25<sup>th</sup> August on the Sunshine Coast.

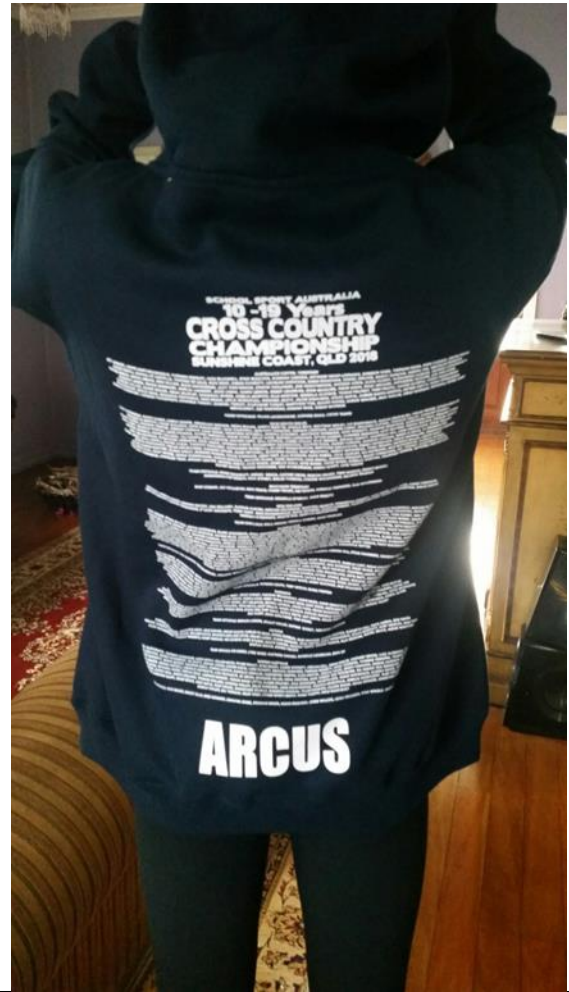
Amelie and Georgia both competed in the U16 Girls 4km race. Both Amelie and Georgia are only 14 so will have another year to compete in the same age group. Amelie finished in a time of 16m 17s to place 40<sup>th</sup> and Georgia ran 16m 58s to place 63<sup>rd</sup>.

Samantha and Sophie had finished two seconds apart to place 11<sup>th</sup> and 12<sup>th</sup> in the 16/17yrs event at the NSW All Schools Cross Country at Eastern Creek in July. At nationals they were 8 seconds apart with Sam finishing her 4km run in a time of 17m 02s to claim 60<sup>th</sup> spot and Sophie 66<sup>th</sup> in a time of 17m 10s.

***Below Sam, Amelie, Sophie and Georgia. Well done girls***







*Left Amelie Above & Below Georgia*



## **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.

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

**Blackmores Marathon 16<sup>th</sup> September**- Thank you to the Warland, Harvey, Leon, Bergfield and Barron families who have signed up and will be on Water Station 3 on the Marathon. We have our ten volunteers ready to go.

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

Our Ryde Little Athletics Division generously let us run two BBQ's a season during normal Little A competition and these will be on  
**6<sup>th</sup> October and 1<sup>st</sup> 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 **20<sup>th</sup> 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](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 27<sup>th</sup> to 30<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 3 gold, 1 silver and 3 bronze medals. You can [register on line now](#) on the ANSW website.

**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 **24<sup>th</sup> to 25<sup>th</sup> November** at Sydney Olympic Park, Homebush. Unlike Little A there are no real limits as to how many events 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 and Opens. A timetable of events will be up shortly on the ANSW website. Last year our teams won three gold, five silver and two bronze medal from only sixteen teams – an outstanding achievement for a relatively small club.

**Treloar Shield** is a competition held most Saturdays from late October at various locations.

**The NSW Combined Event Championship** –is a qualifying event for the Australian Combined Event Championships and will be held at SOPAC on the weekend of **2-3<sup>rd</sup> February**. This is the qualifying event for the **Australian Junior Combined Event Championships** which will be held from the 15<sup>th</sup> to 18<sup>th</sup> March in Hobart.

**NSW Junior Athletics Championships will be held from 22<sup>nd</sup> to 24<sup>th</sup> February 2019** and are one means by which athletes can qualify to compete at the **Australian Championships** which will be held in Sydney from **30<sup>th</sup> March to 7<sup>th</sup> April 2019** in Sydney. All Ryde Senior athletes turning between the ages of 12 and 19 in 2019 are eligible to compete here.

**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 a 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 Junior 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 2018/19 Standards should be out in the next few months but based on previous seasons, the 2017/18 Standards will give you a reasonable idea of what they will be. The 2019 Championships will be held in Sydney from 30<sup>th</sup> March – 7<sup>th</sup> April.

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

Most ANSW events allow you to either register on line 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 **4 November and 3<sup>rd</sup> February**.

#### **Social Activities**

The Senior Division organises various fund raising activities, which include volunteering on the Blackmore's Marathon, Bunnings BBQ's (**20<sup>th</sup> October**) and two Senior run BBQ's and cake stalls at Dunbar on Saturday mornings (**6<sup>th</sup> October & 1<sup>st</sup> December**). These fund raising activities are held to keep the Senior Division viable. We use the funds raised by the above to purchase equipment and assist talented athletes in their travel costs to interstate and overseas representative Championships. The success of the Senior Division is due to a small number of volunteers. We would welcome the participation of any athletes and their family members in assisting us to achieve the above.

#### **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.

## 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 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).

## Winter Round up By Ross Forster

### The St George Classic Cross Country

This event held at Ramsgate on Saturday, 21<sup>st</sup> April we had just one competitor there.

**Sophie Gocher** competed in the Open Mixed 4km event and finished 53<sup>rd</sup> overall in a time of 15min 38sec.

## Little Athletics NSW Cross Country Championships

At the Little Athletics NSW Cross Country Championships held on 8<sup>th</sup> July at Integral Park, Dapto we were represented by 5 athletes.

**James Southon** placed 9<sup>th</sup> in the Under 14 Boys 3000 metres event with his time of 11 mins 03 secs.

**Amelie Sun** won the bronze medal in the Under 15 Girls 4000 metres event with her time of 14 mins 53 secs.

**Georgia Arcus** finished in 6<sup>th</sup> place in the Under 15 Girls 4000 metres event in a time of 15 mins 07 secs.

**Ashton Hanna** placed 22<sup>nd</sup> in the Under 15 Boys 4000 metres event with his time of 16 mins 01 secs.

**Samantha Brown** took out the bronze medal in the Under 18 Girls 4000 metres event in a time of 16 mins 06 secs.

## Silver for our U16 Girls at the NSW Road Relay Championships

At the NSW Road Relay Championships held on Saturday, 21<sup>st</sup> July we were represented by our Under 16 Girls team who won the silver medal in the 4x 2km run.

**Amelie Sun** led the team off to a great start in a time of 6min 50sec and handed the baton over in equal first place. **Zara Warland** – 7 mins 15 secs.

**Elli Barron** – 7 mins 57 secs and **Arabella Price** – 7 mins 34 secs then ran strong legs to keep the team in silver medal contention for the rest of the race.

## NSW Cross Country Relay Championships Miranda

At the NSW Cross Country Relay Championships held at Miranda on Saturday, 26<sup>th</sup> May we entered 3 teams.

Our boys 4 x 3km U16 team came home with the bronze medal. **Jacob Leon** led off and put the boys in a commanding position with a fast leg of 10m 16s, **Adam Bruntsch** ran the second leg in a time of 10m 21s, **Connor Ryan** running in his first





**Above silver state medallists in the U16 4x2km NSW Road Relays. Arabella, Zara, Elli and Amelie**

Ryde relay team came home in 11min 24s and **Ashton Hanna** put the boys over the line in third place in a time of 11m 3 seconds.

Our girls 4 x 3km U16 finished just 3 seconds out of the medals. **Amelie Sun** gave the girls a good start with a time of 10min 57s and handed over to **Georgia Arcus** who came home in 11m 21seconds. **Arabella Price** then ran 12 minutes 8 seconds and **Zara Warland** charged home in 11min 40sec for 4<sup>th</sup> spot overall and a time of 46 min 7 seconds.

Ryde's second medal of the day came in the girl's 4 x 3km U18 event. **Sam Brown** led the team off in a time of 11 minutes 39 seconds. **Abbie Lewis** put in the fastest leg with a time of 11 minutes 25 seconds. **Charlotte Ryan** ran 11minutes 54 seconds and **Sophie Gocher** brought the team home in 11 minutes 46 seconds for an overall time of 46 min 45 sec.

**At right Sophie, Samantha & Charlotte minus teammate Abbie, bronze in the U18 4 x 3km race.**







*Above the Boys' bronze medal – Ashton, Adam, Jacob & Connor. Below left Adam out in the field*



## **IGSSA Cross Country Championships**

At the IGSSA Cross Country Championships held at Frensham School Mittagong we were represented by 10 athletes.

**Elli Barron** finished 15<sup>th</sup> in the 13yrs girls 3000m with a time of 12m 31.06s.

In the 14yrs 4000m event, **Georgia Arcus** finished amongst the medals, claiming the bronze in a time of 14 min 55.03s. **Zara Warland** finished 6<sup>th</sup> in the same event in a time of 15m 21.77s and **Arabella Price** was 10<sup>th</sup> with her time of 15m 39.79s. These three girls took out the gold medal for the 14yrs team event.

**Brigitta Williams** was our fourth competitor in the 14yrs finishing 81<sup>st</sup> in a time of 18 min 9.71s.

**Alana Kavanagh** was 9<sup>th</sup> in the 15 yrs 4000m in a time of 15m 28.57s. **Zoe Warland**, running much further than her customary 100m hurdles, placed 16<sup>th</sup> in the 16yrs 4000m event in 16m 21.39s.

**Congratulations to our first day medallists at the NSW Combined High Schools Athletics Carnival- full report next Footprint**

**Tarsha Wayne 3<sup>rd</sup> 15yrs shot put 11.65m, Portia Amy-Wilson 3<sup>rd</sup> 17+ & Under Outdoor Pentathlon ,Alyssa Lowe 3<sup>rd</sup> 15yrs high jump 1.60m.**

**Good luck to all our competitors over the next two days at NSWCHSSA and any competitors at the upcoming NSWCCC, CIS and GPS and remember to send photos through for the next Footprint.**





**Above Georgia won bronze in the 14yrs event.  
Below Georgia, Zara & Arabella with their team Gold medal**

**Sophie Gocher** was our second individual medallist with a bronze medal in the 17yrs 4000m event and a time of 15m .00.63s. **Charlotte Ryan** wasn't far behind, finishing 6<sup>th</sup> in a time of 15m 32.97s and **Eliza Harvey** stretching out from her 400/800m speciality to claim 10th spot in a time of 15m 46.07s

**Charlotte and Eliza (below) were part of the Loreto Normanhurst team that finished with bronze in the teams event.**







**Above Zara at Frensham. Congrats to Zara too on her appointment as the 2018/19 Loreto Normanhurst Sport Captain. Well done.**

## The NSW CIS Championships

The NSW CIS Cross Country Championships were held at Eastern Creek Raceway on Thursday 14<sup>th</sup> June and we were represented by 10 athletes.

**Elli Barron** finished 21<sup>st</sup> in the 13yrs 3km event in a time of 13min 54sec.

**James Southon** placed 9<sup>th</sup> in the 13yrs boys 3km event in a time of 11min 48sec.

**Amelie Sun** went home with a gold medal after finishing 1<sup>st</sup> in the 14yrs 4km event in a time of 15min 21 secs. **Georgia Arcus** wasn't far behind Amelie and finished 4<sup>th</sup> in 15min 50sec followed by **Zara Warland** in 12<sup>th</sup> spot with a time of 17 mins 03sec and **Arabella Price** 20<sup>th</sup> in 17 min 20sec. **Georgia, Zara and Arabella** all represented Loreto Normanhurst and finished with the gold medal in the teams event.

**Alana Kavanagh** taking a break from hockey, placed 16<sup>th</sup> in the 15 years 4km event with a time of 17min 20s.

**Connor Ryan** finished 21<sup>st</sup> in the 15yrs boys 4km event in a time of 15 min 17 secs. His sister **Charlotte** placed 5<sup>th</sup> in the 17 years 4km event in a time of 16 min 14 sec. **Sam Brown** followed Charlotte home in and placed 6<sup>th</sup> in the 17 yrs with a time of 16min 30sec.



**At right Ryde athletes from Loreto who made the IGSSA team for CIS Cross Country Back row Alana, Zara, Ross Forster and Georgia.**

**Front row third from left Elli and beside her Arabella**



## The CGSSSA Championships

At the CGSSSA Cross Country Championships held at Bi-Centennial Park on Friday 1<sup>st</sup> June we were represented by 3 athletes.

**Sophie Gocher** won the 17yrs 4km event in a time of 14min 29.82s. **Abbie Lewis** picked up the silver in the 16yrs 4km event in a time of 14 min 00.12s and **Anastasia Lakic** also won silver in the 14 years 3km event in a time of 15 min 08.98s. All three qualified for the NSW All Schools Cross Country Championships.

## The NSW Combined Catholic Colleges Cross Country Championships

The NSW Combined Catholic Colleges Cross Country Championships were held at Eastern Creek Raceway on Friday, 15<sup>th</sup> June and we were represented by 3 athletes.

**Sophie Gocher** placed 2<sup>nd</sup> in the 17 years Girls 4km event with her time of 16 mins 43 secs.

**Abbie Lewis** finished in 3<sup>rd</sup> place in the 16 years Girls 4km event in a time of 15 mins 51 secs.

**Anastasia Lakic** placed 19<sup>th</sup> in the 14 years Girls 4km event with her time of 17 mins 48 secs.

## The Sydney North Cross Country Championships

The Sydney North Cross Country Championships were held at Gosford Race Course on Friday, 22<sup>nd</sup> June and we were represented by 7 athletes.

**Krishani Coffin** finished 5<sup>th</sup> in the 12 years Girls Secondary 3km event.

**Jacob Leon** won the 14 Boys 4km event.

**Adam Bruntsch** finished in 2<sup>nd</sup> place in the 14 Boys 4km event.

**Ashton Hanna** was 8<sup>th</sup> in the 14yrs 4km race.

**Andrew Phillips** finished in 16<sup>th</sup> place in the 14 Boys 4km event.

**George Davis** finished in 18<sup>th</sup> place in the 15 Boys 4km event.

**Gabby Damm** finished in 10<sup>th</sup> place in the 17 years Girls 4km event.

## The NSW Cross Country Championships

The NSW Cross Country Championships were held at Nowra on Saturday, 23<sup>rd</sup> June and we were represented by 7 competitors

**James Southon** finished in 16<sup>th</sup> place in the Under 14 Boys 3km event in a time of 11 mins 21 secs.

**Amelie Sun** placed 9<sup>th</sup> in the Under 16 Girls 4km event with her time of 15 mins 56 secs.

**Georgia Arcus** finished in 11<sup>th</sup> place in the Under 16 Girls 4km event in a time of 16 mins 05 secs.

**Connor Ryan** placed 28<sup>th</sup> in the Under 16 Boys 4km event with his time of 15 mins 23 secs.

**Sophie Gocher** finished in 14<sup>th</sup> place in the Under 18 Girls 4km event in a time of 16 mins 43 secs.

**Samantha Brown** placed 20<sup>th</sup> in the Under 18 Girls 4km event with her time of 17 mins 34 secs.

**Charlotte Ryan** finished in 21<sup>st</sup> place in the Under 18 Girls 4km event in a time of 17 mins 41 secs.

## The NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships were held on Friday, 27<sup>th</sup> July at Eastern Creek and we were represented by 9 athletes.

**Georgia Phillips** finished in 13<sup>th</sup> place in the 12/13 years Primary School 3000 metres event in a time of 13 mins 04 secs.

**Krishani Coffin** finished in 35<sup>th</sup> place in the 12/13 years High School 3000 metres event with her time of 14 mins 21 secs.

**Jacob Leon** finished in 5<sup>th</sup> place in the 14 years Boys 4000m event with his time of 13 mins 52s.

**Adam Bruntsch** placed 10<sup>th</sup> in the 14 years Boys 4000 m event in a time of 14 mins 07 secs.

**Ashton Hanna** finished 30<sup>th</sup> place in the 14yrs Boys 4000m event with his time of 15 mins 02 secs.

**Georgia Arcus** was 6<sup>th</sup> in the 14ys Girls 4000m event in her time of 15 mins 28 secs

**Below Georgia 6<sup>th</sup> in the 14yrs girls & off to Nationals.**



**Samantha Brown (below right) finished in 3<sup>rd</sup> place in the 17 years Girls 4000 metres event with her time of 15 mins 50 secs.**



**Sophie Gocher placed 4<sup>th</sup> in the 17 years Girls 4000 metres event in a time of 15 mins 52 secs.**

**Abbie Lewis finished in 9<sup>th</sup> place in the 16 years Girls 4000 metres event with her time of 15 mins 53 secs.**

**Below Jacob Leon (left) finished with a dais spot in the 14yrs Boys. Jacob finished 5<sup>th</sup> overall and 2<sup>nd</sup> in the CHS 14yrs boys event. A great result.**



## **Sydney North Regional Athletics Carnival – congrats to our carnival Age Champions Aliana, Alyssa and Samuel**

The Sydney North Regional Athletics Carnival was held on Monday & Tuesday, 30<sup>th</sup> & 31<sup>st</sup> July at Homebush and we were represented by 26 athletes.

**Krishani Coffin** finished 6<sup>th</sup> in the 12 yrs Girls 100m event in a time of 14.33s. In her 200m event Krishani placed 5<sup>th</sup> in 29.50s and in the 80m Hurdles Krishani was the winner with her time of 15.78s. Krishani was 6<sup>th</sup> in Long Jump with her leap of 4.12m.

**Elly Pawsey** finished 6<sup>th</sup> in the 12yrs Girls 800m with her time of 2 mins 50.03s.

**Aliana Moala** won the 12 yrs Girls 3kg Shot Put event with her throw of 8.77 m. In her 100m event Aliana took out 2<sup>nd</sup> with her time of 14.06s.



Aliana claimed a further 2<sup>nd</sup> in her 200m with her time of 28.50s. In the 12-14 yrs 400 m Aliana finished 4<sup>th</sup> in 68.19s. Aliana placed 3<sup>rd</sup> in High Jump with her successful clearance at 1.28m. Aliana was the 12yrs Age Champion.

**Natasha Fairhall** won the 12 yrs Girls 750gm Discus event with her throw of 21.69m. In the 12-13 yrs Girls 400gm Javelin Natasha filled 5<sup>th</sup> spot with her throw of 18.04m.

**Mikayla Kelleher** finished 9<sup>th</sup> in the 13yrs Girls 200m with her time of 30.03s. Mikayla won the 80m Hurdles in a time of 14.65s. Mikayla was 6<sup>th</sup> in Long Jump with her leap of 4.14m. In Shot Put Mikayla placed 11<sup>th</sup> with her effort of 7.60m and was 7<sup>th</sup> in Discus with her effort of 19.48m.

**Holly Pirie** threw 9.59m and was 5<sup>th</sup> in 13yrs shot put and 5<sup>th</sup> in discus with a throw of 22.34m.

**Adria McAndrew** placed equal 8<sup>th</sup> in the 14yrs 100m in 14.02s. Adria filled 5<sup>th</sup> place in the 200m in a time of 28.83s. Adria was 8<sup>th</sup> in the 12-14 yrs Girls 400m (71.99s). In her Long jump Adria claimed 4<sup>th</sup> place with her leap of 4.49m.

**Trinity Wu** finished 14<sup>th</sup> in the Girls 14yrs long jump with a best jump of 3.37m.

**Kiera Simula** was 10<sup>th</sup> in the 17-19 yrs Girls 100m with her time of 13.87s. In Long Jump Kiera was 3<sup>rd</sup> with her leap of 4.79m. Kiera was also 3<sup>rd</sup> in Triple Jump with a leap of 9.64 m. In Javelin Kiera threw 19.85m to place 9<sup>th</sup>.

**Gabrielle Damm** finished 3<sup>rd</sup> in the 17-19 yrs Girls 800m in a time of 2 mins 43.95s.

**Timothy Forster** won the 13 yrs Boys 90m Hurdles event with his time of 14.60s.

**Jacob Leon** won the 14yrs Boys 800m in a time of 2 mins 10.09s Jacob also won the 1500m with his time of 4 mins 40.38s and the 12-15 yrs Boys 3000m event with his time of 9 mins 40.80s

**Adam Bruntsch** finished 7<sup>th</sup> in the 12-14 yrs Boys 400m with his time of 59.21s. In the 14 yrs Boys 800m Adam claimed 2<sup>nd</sup> place in a personal best time of 2 mins 12.15s

**Jett Tall** finished in 3<sup>rd</sup> place in the 16 yrs Boys Discus with his throw of 34.67m.

**Thomas Ralph** competed in the Boys 12-13yrs javelin and placed 8<sup>th</sup> with his throw of 22.33m.

**Alyssa Lowe** finished 2<sup>nd</sup> in the 15yrs 100m in a time of 12.77s. In her 90m Hurdles Aly was the winner by 1/100 second with her time of 13.88s. Aly also won her 200m Hurdles in 30.86s and the high jump with her clearance at 1.61m. Alyssa produced a record equalling performance in Long jump when she leapt 5.56m. In the 12-15 yrs Girls Triple Jump Alyssa filled 2<sup>nd</sup> place with her leap of 10.85 m. It was no surprise with these outstanding results that Aly finished as the 15yrs girls age champion.

**Tarsha Wayne** finished in 4<sup>th</sup> in the 15 yrs Girls High Jump with her clearance at 1.43m. In the 12-15 yrs Triple Jump Tarsha was 4<sup>th</sup> with 10.45m. Tarsha claimed 2<sup>nd</sup> place in Shot Put with throw of 10.46m. In Javelin event Tarsha was the winner with her effort of 32.19m.

**Sarah Brown** placed 7<sup>th</sup> with a leap on 4.74m in the also competed in the 15yrs long jump.

**Portia Amy-Wilson** finished 8<sup>th</sup> in the 12-15 yrs Triple Jump with her leap of 9.75m. In Shot Put Portia was 6<sup>th</sup> with her effort of 9.02m and in Javelin Portia was 9<sup>th</sup> with a throw of 18.01m

**Jessica Forster** filled 6<sup>th</sup> place in the 15yrs discus with her throw of 20.72m. In Javelin Jessica was 3<sup>rd</sup> spot with her throw of 27.44m.

**Emily Ralph** filled 4<sup>th</sup> place in the 16 yrs Girls Javelin with her throw of 28.05 m.

**Ashton Hanna** finished the 14 yrs Boys 1500 m event in 6<sup>th</sup> place with his time of 4 mins 58.52s.

**Andrew Phillips** placed 10th in the 14 yrs Boys 1500m event in a pb time of 5 mins 09.66s.

**George Davis** placed 2<sup>nd</sup> in the 12-15 yrs 1500m Walk in a personal best time of 7 mins 35.20 s.

**Riley Leverett** placed 2<sup>nd</sup> in the 16 yrs Boys 400m event with his time of 53.66s.

**Sam Galati** filled 9<sup>th</sup> place in the 16 yrs Boys 100m event with his time of 12.54s. In his 110m Hurdles Sam claimed 2<sup>nd</sup> place with his time of 17.83s. Sam was 8<sup>th</sup> in High Jump with his clearance at 1.60m and in Long Jump he finished 4<sup>th</sup> with his leap of 5.51m. Sam placed 5<sup>th</sup> in Triple Jump with his effort of 11.52m. Sam finished as the 16yrs age Champion.

## Georgia takes Gold at the ANSW Run Festival

At the Athletics NSW Run Festival held at Upjohn Park, Rydalmere on Saturday, 4<sup>th</sup> August our only competitor came home with Gold. Competing against female athletes aged from 11 to 75 in the 4km run, Georgia was the first female past the post in a time of 15 mins 20 secs. Great work Georgia (below).



## Congratulations to Alana Kavanagh – Gold at the Australian All Schools Hockey

Versatile Ryde Athlete **Alana Kavanagh** (at right) shows that there is more than one string to her bow when she made the NSW U16 hockey team.

In August on the Gold Coast the NSW team finished on top of the table. A fantastic achievement to have represented NSW in both Athletics & hockey.



## IGSSA Athletics Carnival

At the IGSSA Carnival held at Homebush on 22<sup>nd</sup> & 23<sup>rd</sup> August we were represented by 10 athletes who attended Loreto Normanhurst, Abbotsleigh and Monte Sant' Angelo.



**Julia Kelland** (representing Abbotsleigh) finished in 6<sup>th</sup> place in the 17yrs Girls Shot Put with her throw of 9.82m. In the Senior Girls Javelin Julia claimed 5<sup>th</sup> place with her effort of 27.50m.

**Zara Warland** clocked a time of 2 mins 27.93s in winning her heat of the 14yrs Girls 800m. In the final Zara claimed 3<sup>rd</sup> place with her time of 2 mins 27.44s. In the Junior Discus Zara finished in 4<sup>th</sup> place with her throw of 28.83m. Zara also competed in the 14 yrs Shot Put and finished in 9<sup>th</sup> place with her effort of 8.79m.

**Zoe Warland** was in the 15-16 yrs Loreto Normanhurst 4x100m Relay team which finished 3<sup>rd</sup> in their heat to qualify for the final. Unfortunately Zoe was unable to run in the final due to a hamstring strain.

**Georgia Arcus** finished 4<sup>th</sup> in the Junior 1500m with a time just outside her best – 4 mins 56.45s.

**Elli Barron** finished in 3<sup>rd</sup> place in her heat of the 13 yrs 800m with her time of 2 mins 40.06s. In the final Elli placed 9<sup>th</sup> in a time of 2 mins 42.12s.



*Above Arabella, Elli & Zara at IGSSA Twilight meet.*

**Alana Kavanagh** finished in 5<sup>th</sup> place in her heat of the 15yrs Girls 90m Hurdles in a time of 16.99s. In her 800m race Alana again finished in 5<sup>th</sup> place in her heat with her time of 2 mins 34.76s. Alana took out 5<sup>th</sup> place in her 800m final with her time of 2 mins 30.67s. In the Intermediate Girls 1500m Alana placed 9<sup>th</sup> in a time of 5 mins 18.25s.

**Sophie Kavanagh** finished in equal 1<sup>st</sup> place in her heat of the 14yrs Girls 200m with a personal best time of 28.14s. In her 200m final Sophie placed 9<sup>th</sup> in a time of 28.33s. Sophie's 4x100m Junior Relay team finished in 5<sup>th</sup> place in their heat with their time of 54.93s. In the Junior Javelin Sophie threw 24.42m to take out 6<sup>th</sup> place. In the Junior High Jump- Sophie filled 4<sup>th</sup> place with her clearance at 1.50m.

**Arabella Price** competed in the 18yrs Girls 800m heats and placed 2<sup>nd</sup> in her heat in a time of 2 mins 32.76 s to qualify for the final, despite the fact that she is only 14 yrs old. She was unable to take her place in the final as she woke the following day with a hip flexor problem.

**Eliza Da Silva** (representing Monte Sant' Angelo) placed 7<sup>th</sup> in her heat of the 14yrs Girls 90m Hurdles in a time of 17.74s. In her 200m heat Eliza finished in 4<sup>th</sup> place in her heat with a qualifying time of 27.32s. In her 200m final Eliza placed 7<sup>th</sup> in a time of 27.91s. Eliza ran 13.45s to finish 6<sup>th</sup> in her heat of the 100m. In her 100 m final Eliza again claimed 6<sup>th</sup> spot with her time of 13.80s. Eliza's 4x100m Relay Team finished 6<sup>th</sup> in their heat with their time of 54.43s to qualify for the final. In their Relay Final Eliza's team claimed 7<sup>th</sup> place with their time of 54.15s.

## NSW Athletics All School Relays Medal Haul for Ryde Athletes.

The NSW All Schools Relay is a school based relay night and a number of Ryde athletes competed there representing their schools.

The Epping Boys High team ruled in the Intermediate 4 x 100m Relay event. These boys had won at Sydney North and were competing for the first time at ANSW Relays night. The Ryde members of the team were **Jett Tall** and **Riley Leverett** and one of their other team mates was former Ryde Athlete, Jordan Metcalfe. The boys winning time of 45.42s was over 2 seconds ahead of their nearest rival, Westfield Sports.

**Zara Warland** and **Sophie Kavanagh** (pictured below second from left and far right) were members of the Loreto Normanhurst silver medal winning U15 4x400m team who finished in a time of 4min 25.73s.



*The Riverside Girls on the podium on the right. In the back row Ryde athletes Portia, Sarah, Alyssa and Aliana and front row on the left is Mikayla* Our Ryde girls at Riverside had another successful Relays night. **Mikayla Kelleher** and **Aliana Moala** were members of Riverside's Junior Jumps Relay, 4 x100m and Sprints relay teams than finished with bronze in the jumps relay, 5<sup>th</sup> in the 4 x100m and won the Sprints relay.



**Alyssa Lowe**, **Portia Amy-Wilson** and **Sarah Brown** all won the full set of medals on the night. They were members of the gold medal winning U17 Jumps relay team, the silver medal winning Sprint Medley team and the bronze medal winning 4x 100m team

*Below the Gold medal winning Epping Boys High team. Riley Leverett, Jordan Metcalfe, Max Chaney & Jett Tall. This was Epping Boys first team at ANSW State Relays*

