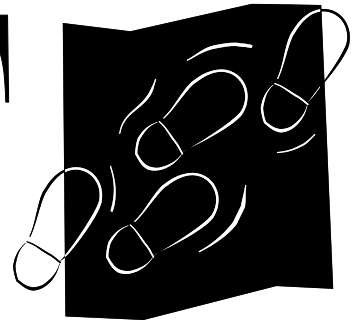




FOOTPRINT



Senior Division Edition November 2019

RYDE ATHLETICS CENTRE INCORPORATED
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www.ryde-athletics.org.au

Great results from all our teams at the ANSW Senior State Relays

The ANSW State Relays proved to be one of Ryde's best team performances in quite some time. With just 19 teams entered we came home with 2 State Titles and gold medals, 4 silver and 5 bronze medals.

We had 20 athletes who were competing for the first time at Relays and for one team, our U14 Boys 4 x long jump team, their first time at any Athletics NSW event. For these boys it was a golden debut when **Joape Rauqe, Owen Chandler, Angelo Mihos and Paddy Faulkner** won the U14 Boys 4 x long jump. Our other State Title winners also featured two new runners to Ryde, **Claudia Wilson & Lily Tomlinson** who along with **Georgia Arcus &**

Arabella Price claimed the U20 4 x 1500m title.

For the first time in many years we entered both the boys and girls U18 4 x high jump relay event and both teams came home with bronze. In the long jump we entered four teams across the U14 and U18's and all won a medal. Our U14 girls were outstanding and probably exhausted by the end of the weekend, winning medals across throws, jumps and sprints. Our busiest athlete was **Aliana Moala**, 13 who competed in six events over the weekend and came home with 2 silver and 3 bronze medals.

Below our U14 boy State Champions in the 4 x long jump with 3 members of the U18 boys 4 x long jump bronze medal winning team. Front Paddy Faulkner, Joape Rauqe, Owen Chandler & Angelo Mihos, Rear George Davis, Jett Tall & Sam Galati, (absent Rory Davison) – Fun fact; Jett was a member of the last U14 4x long jump team that won the title in 2015.

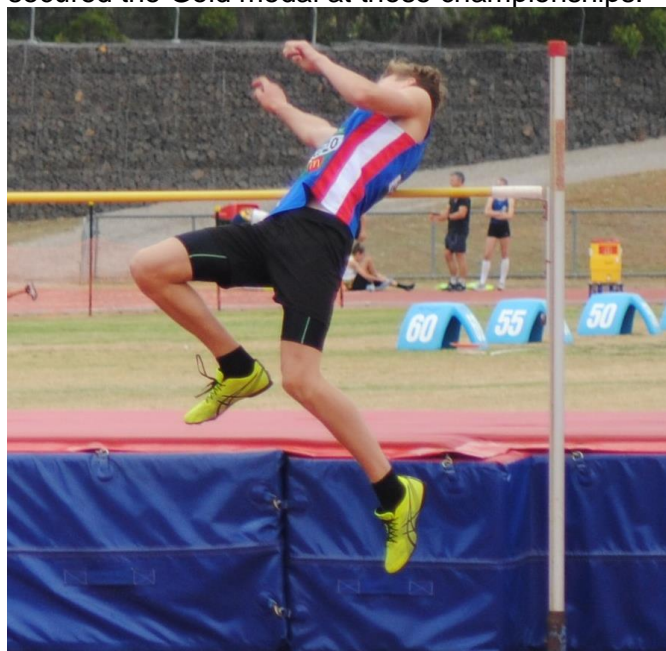


The Athletics NSW State Relay Championships

At the Athletics NSW State Relays held at the Campbelltown Athletics Centre over the weekend of the 23rd -24th November Ryde was represented by 19 teams.

First up was our U18 men 4 x high jump team. Three of our team members are only 14 so have another three years that they can compete in this event and they handled themselves admirably.

Brendan Mannasz (top right) had a brilliant competition and cleared the bar for a new 10cm PB of 1.75m. **Rory Davison** (below) finished with a best height of 1.45m. **Aidan Mannasz** (bottom right) scissor kicked over 1.50m. **George Davis** (right) rounded out the team with a best leap of 1.65m. The team's combined result was 6.35m and was good enough for the silver medal, our first boy's high jump medal at ANSW Relays in years. It has been a good couple of weeks for Rory (Triple Jump) & Brendan (High Jump) who as part of Ryde's U15 jumps team at Little A State Relays had, along with Jeremy Plummer (Long Jump), secured the Gold medal at those championships.



Our U18 womens shot put team faced some big opposition but the girls all threw well and three were making their first appearance for Ryde at ANSW Relays. **Caitlin Waldron** was our best placed thrower with her third throw of 10.03m. **Jess Johnston**, at just 12, was managing a balancing act at either end of the field as she also

competed in the U18 High jump but got a good throw of 9.77m out in the second round just 1cm in front of **Aliana Moala**. **Sophie Gately**, one of our javelin specialists, improved over the competition to land a throw of 8.72m in the final round. The girls placed an impressive 5th out of a big field with a total of 38.28m



Above Aidan, Rory, George & Brendan. Silver in the U18 4 x high jump Below Aliana, Sofia & Caitlin (minus Jess who was already at high jump) our U18 4 x shot put team placed 5th. Bottom our U14 4 x shot put bronze medallists, Aliana, Krishani, Jess and Amelia. At right Aliana & Caitlin at shot put



Jessica Johnson & Aliana Moala returned to the shot put circle later in the day, this time throwing in the Womens U14 4x shot put with **Krishani Coffin** and **Amelia Bocabella**. The girls had a great competition with Aliana finishing as the best of our throwers and 8th overall with a throw of 9.97m, followed by Jess with her first round best throw of 9.79m. **Amelia Boccabella** impressively improved on every throw to hit 8.11m with her final throw and **Krishani** landed her first round best throw at 7.33m. This gave the girls a total distance of 35.20m and another medal for Ryde this time a bronze.



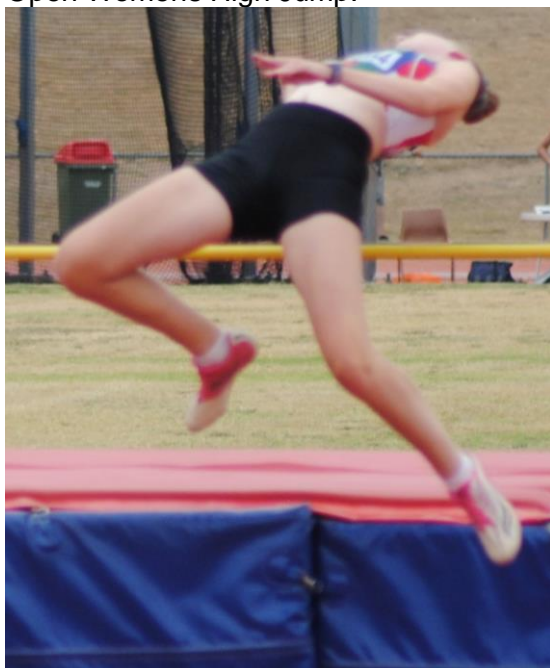


Above Krishani, Amelia & Jess, bronze in the U14 4 x shot put

Our Womens U18 4 x high jump team had a good competition. **Alyssa Lowe** finished 2nd overall in the competition as she had clear rounds all the way through, finishing with 1.60m. **Sophie Kavanagh** who is having a really good season in the field also cleared 1.60m. **Jess Johnson** at just 12 years of age cleared close to her pb when she soared over 1.45m. **Georgia Arcus** more usually in Footprint for middle distance running, cleared 1.35m overall to give the girls a total result of 6.00m. The girls took home a bronze medal for this performance which was so good it would have also won a bronze medal in the Open Womens High Jump.



Above Jess, Alyssa, Sophie & Georgia. Bronze in the U18 4 x high jump. At left Jess over the bar at 1.45m.



Our first track team was the U20 Mens 4 x 100m team. Running in the heats were **Sam Galati, Jett Tall, Jeremy Plummer and Aidan Mannasz**. Aidan led the team off with Jeremy running a good back straight passing to Sam to swing round the bend to Jett who brought the boys home crossing the line in a time of 46.33sec to place 4th in their heat and secure a final's berth. In the finals the boys got the baton away clearly and all ran some great legs to finish with a time of 46.68s to place 8th.

Our first women's track team featured our four best female 100m runners, **Alyssa Lowe, Zoe Warland, Eliza Da Silva and Ruby Worrell**. Aly and Eliza had the weekend before finished with silver in the U17 4 x 100m Little A State Relays along with **Sarah Brown & Adria McAndrew**. In a straight final of the U20 4 x 100m the girls finished 4th in a brilliant time of 48.51s just .27s off bronze.

For all the girls this was the first time they'd broken through the 50sec barrier for a 4 x 100m. This was a great warm up for Zoe and Alyssa who both head off to the Australian All School Championships in Perth in a couple of weeks where they will be competing against each other in the U18 100m hurdles where we wish them both the best of luck.



Below Sam hands the baton to Jett in the home straight U20 4 x 100m



Our next Boy's team featured in a big field in the U20 4 x 400m Final. **Joe Harvey** who set a new 400m Ryde Senior Club Championships record a couple of weeks earlier is, at just 13 the youngest of our team and ran a terrific leg as did all our



At left Aly and above Georgia and Sophie over the bar in high jump. Below Sam, Jett, Jeremy & Aidan 8th in the final of the U20 4 x 100m. Bottom Aidan hands off to Jeremy



other competitors, **George Davis, Jack Baker and Adam Bruntsch**. The boys finished 4th in their heat and 7th overall to cross the line in 3min.36.80s.

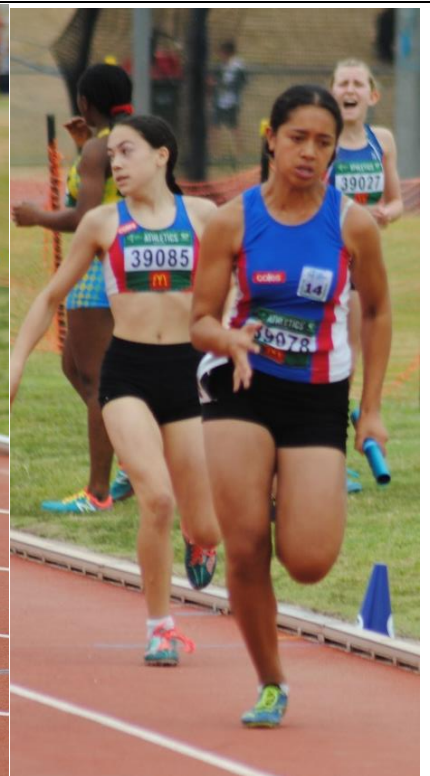


Above Zoe gets the baton from Eliza and below Aly hands off to Ruby in the U20 4 x 100m.

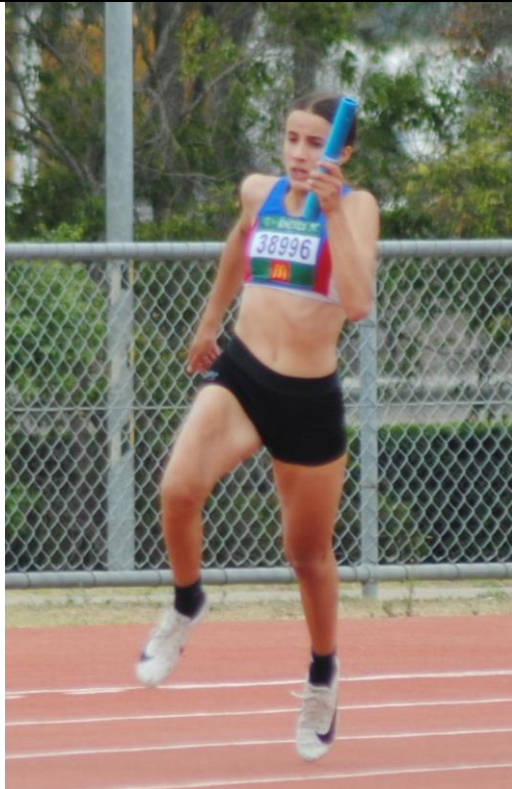


Above the Boys U20 4 x 400m team placed 8th overall in a team of 3m 36.80s Joe, George, Adam, Jack and their coach Ross. Below Joe & Adam. Bottom our U18 4 x 200m team of Eliza, Aly, Zoe & Sophie finished with a 4th place.





About Jack Baker in the 4 x400m bringing the team home. Ruby passes to Mia and Krishani to Aliana with Ruby cheering in the background on their way to silver in the U14 4 x 200m.



Above our U14 4 x200m silver medallists. Krishani Coffin, Ruby Worrell, Mia Marshall and Alian Moala.

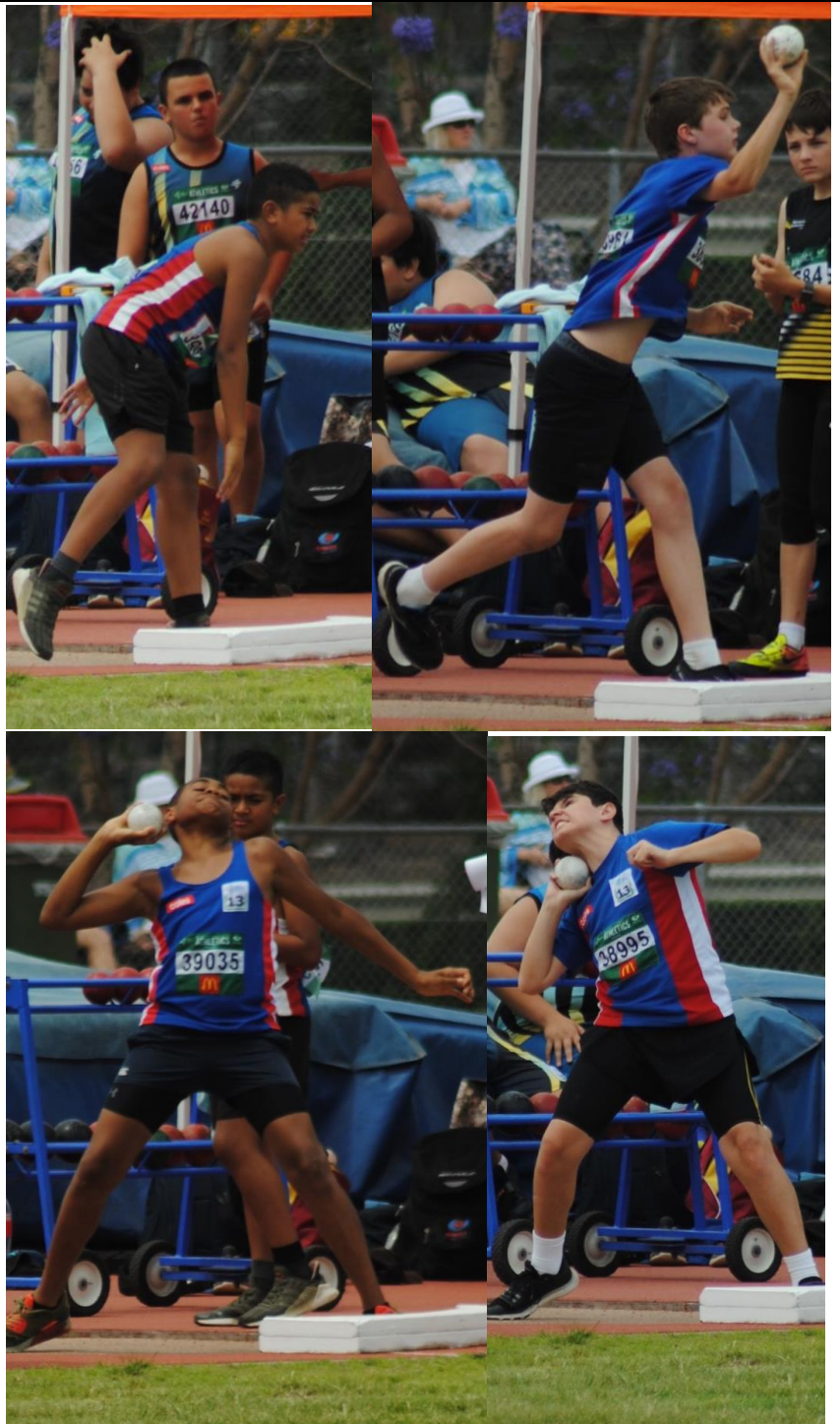
Above Eliza in the U18 4 x 200m where our girls finished with their second 4th of the morning. Eliza is having a great season sending her PB times way down. At right the Boys U14 4 x shot put team. Christopher Moala, Andrew Kalos, Jope Rauqe and Owen Chandler. This was the first time any of the boys had competed at an Athletics NSW event.



Our U14 4 x200m Women's team was out next and they ran the race of the afternoon. **Ruby Worrell** lead off the girls and when she passed the baton to **Mia Marshall** it was already clear the Ryde was in contention for a great race. Mia belted round the bend and handed the baton to Krishani who navigated the changeover zone and brought the baton through to **Aliana Moala** who then powered the girls home in a time of 1.49.38sec. There were two timed finals in the U14 4 x 200m so the girls had a nervous wait while the second heat ran but it was a slower race and so they finished with the silver medal.

Only a few minutes later our U18 4 x 200m Final Womens team was out on the track. This time after their good run in the U20 4 x 100m, **Alyssa, Zoe** and **Eliza** were joined by **Sophie Kavanagh** to make up the team. Alyssa ran a powerful first leg to put the team well in the mix before handing to Eliza who also made up ground to pass the baton to Sophie. Sophie ran a good leg and it was over to Zoe for the final 200m which was a tight race all the way before the girls crossed the line with their second 4th place of the afternoon in a time of 1min 44.21s.

Our last field event on the Saturday was the Mens 4 x U14 shot put. This year moving the competition to Campbelltown saw that club claim home ground advantage and enter three teams in the shot put! Our boys threw well with **Andrew Kalos** getting out a throw of 9.38m & **Jope Rauqe** throwing 8.95m in the first round. **Owen Chandler** improved each throw to finish with 7.41m and **Christopher Moala** at only 11 stepped up from the 2kg to 3kg to land a throw of 7.25m. Overall in a very large field the boys placed 9th with a total distance of 32.99m. All these boys are young enough to compete in the same age group next year so a very good result.



Above Christopher, Owen Jope & Andrew 9th in the U14 4 x shot put.

Our final track teams of the afternoon competed in the 4 x 1500m events.

In the U20 4 x 1500m Women's race **Georgia Arcus** led off the girls and at the handover we were still in touch with first. **Claudia Wilson** ran strongly to take some distance off their second runner before **Lily Tomlinson** ran a really good leg to bring first back within reach when she handed the baton to **Arabella Price**. Arabella then reeled in the Sutherland runner quite quickly and then continued at a good pace to cross the line in 20m 55.59s and take the Gold medal.



Above Claudia Wilson, Georgia, Lily Tomlinson & Arabella Price. State U20 4 x 1500m Champions.

In the boys U16 4 x 1500m **Adam Bruntsch** set off at a good pace to tuck the boys into 2nd position and handed the baton to **Ashton Hanna** who was keen to take on the pursuit and at one point moved the boys to first before settling back into second. **Jack Baker** ran a solid third leg with a final 50m sprint handed the baton to **Oliver Smith** with Ryde sitting just in third spot. Oliver at just 13, ran a gutsy race to hold off a clearly much older and bigger boy for a number of laps before being overrun in the final lap. The boy's finished in a time of 18min 51.31s to place 4th behind some pretty solid teams.

Below Oliver, Jack, Ashton and Adam all had great runs to place 4th in the U16 4 x 1500m

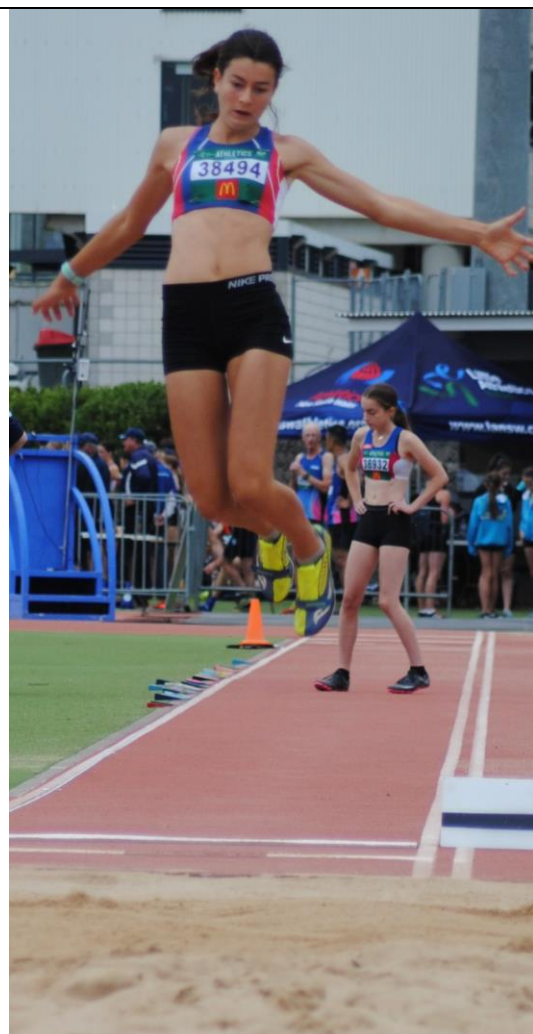


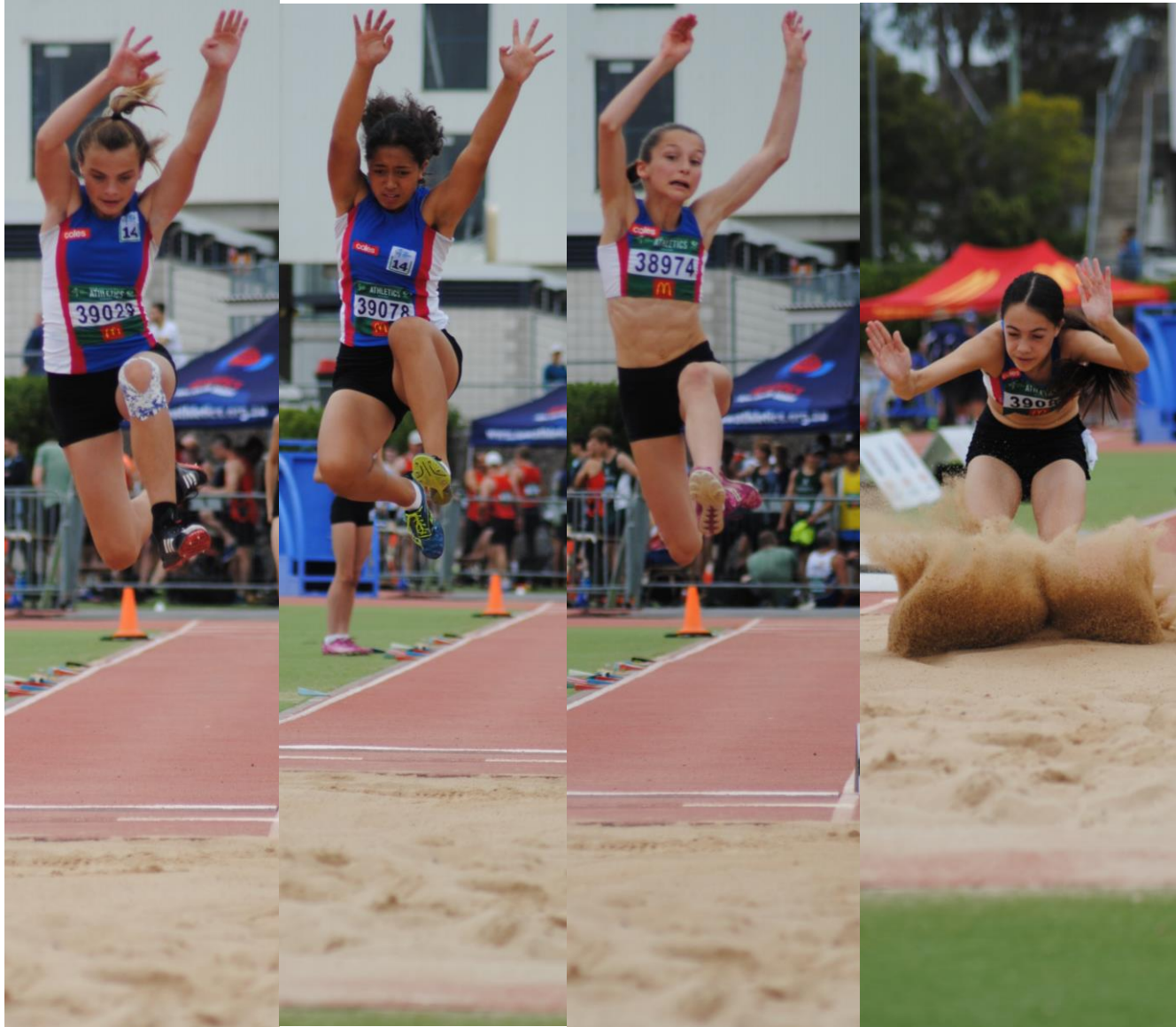
At our Senior Club Championships in early November, **Sophie Kavanagh** had set a new personal best jump of 5.02m breaking through the 5m barrier for the first time. On her third jump at Campbelltown in the U18 4 x long jump Sophie soared to a massive new personal best of 5.33m & was the 7th best of the 36 jumpers. Mia Marshall

Improved with every jump and finished with 4.41m. **Aliana Moala** at just 13, also leapt to a new personal best with her first huge leap of 4.98m. **Adria McAndrew** also nailed a first round best jump, her distance being 4.37m for a total distance of 19.09m and the bronze medal for the girls.



Above Oliver, Ashton, Adam & Jack. A great run in the U16 4 x 1500m Below State U20 4 x 1500m winners Georgia, Arabella, Claudia and Lily with their coach Ross. Bottom the U18 4 x long jump bronze medallists Adria, Sophie, Mia and Aliana . Right Sophie soared to 5.33m on her final jump and Adria mid air.





Above Mia, Aliana, Georgia & Krishani

At the end of the day **Aliana** and **Mia** were again out at long jump this time in the U14 4 x long jump event where they teamed up with **Krishani Coffin** and **Georgia Phillips**. Aliana landed the 3rd best jump of the competition with her final jump of 4.84m. Krishani was thrilled with her opening jump of 4.48m. Mia nailed her best jump too in the final round a 4.23m and Georgia's jumps were very consistent with her best jump measuring at 4.16m.

The girls overall total was 17.71m which was good enough for the girls to earn the bronze medal.



Above Aliana, Krishani, Georgia and Mia bronze medallist U14 4 x long jump



Six of our U20 4 x 800m runners. Top row Amelie, Lily, Elli, Bottom Georgia, Claudia and Kaitlyn.



Above our talented U20 4 x 800m runners Kaitlyn, Elly, Elli, Arabella, Georgia, Claudia, Lily and Amelie.

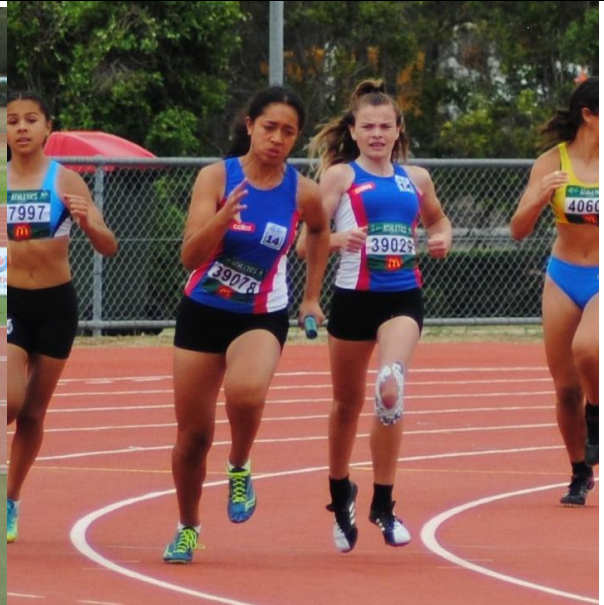
Ryde fielded two teams in the U20 Womens 4 x 800m event. The first team was **Amelie Sun, Georgia Arcus, Arabella Price and Claudia Wilson**. Amelie, as always ran a really strong 800m. Amelie, and the UTS team, led off by former Ryde athlete, **Eliza Harvey** split the field and settled in out in front. Amelie handed the baton to Georgia who ran a solid leg as did Claudia before handing the baton to Arabella to once again run the final leg. The race went down to a home straight sprint and Ryde were just pipped into second place by .09 sec in a final time of 9min 42.45s.

It was great to see **Elly Pawsey** and **Kaitlyn Martin** make their State Relays debut. Both girls have been big improvers over the season in middle distance and the girls had a great carnival with both running personal best times. **Lily Tomlinson** led off their team and gave the girls a really good start. **Elli Barron**, as always at State Relays, finds an extra gear and kept the team in touch with the medals. **Kaitlyn** took over next and ran strongly as did **Elly** in their final leg with the girls crossing the line in a time of 10 min 34.98s for 4th.



Above Elly & Arabella in the 4 x 800m

There were two heats of the Womens U14 4 x 100m and Ryde competed in the 2nd heat against the hot favourites, Campbelltown. The girls picked their own order and had **Krishani Coffin** lead off passing the baton cleanly to **Ruby Worrell** who ran a sensational back straight passing off to **Mia Marshall** with **Aliana Moala** bringing the team home second in a time of 51.48sec. The girls were the fourth fastest qualifier for the final. After a bit more baton practice between the heats and finals the girls were ready. After a bit of unsteadiness on the blocks, they were away with terrific changes this time. When Aliana hit the straight behind Campbelltown she had the two faster teams from the heats running beside her and trying to run her down. Aliana kept her composure and the team's second spot and crossed the line for silver in a time of 51.11sec.



Above their second silver sprint relay medal of the weekend. The U14 4 x 100m Aliana, Krishani, Mia & Ruby,



The Mens 4 x U18 long jump and 4 x U14 long jump both kicked off at the same time and it was to be medals for both teams. Last year in the U18 the Boys came up just 27cm short of a medal. **Sam Galati (bottom left)** and **Jett Tall** were returning team members and both significantly improved on their results from last year and all four boys put in personal best performances. Jett was the 4th best jumper overall in the competition with his second jump of 6.31m. Sam Galati improved over the competition to finish with 6.06m. **Rory Davison (below)** finished with a new personal best jump of 5.82m and **George Davis** rounded out the team with his first round best jump of 5.79m to give them a total distance of 23.98m and the bronze medal.





Top Jett, Sam and George. Above our U18 4 x long jump bronze medallists George, Sam, Jett & Rory.



Above Rory (U18 boys long jump team). Owen. Paddy & below Jope & Angelo. Our U14 4 x long jump gold medallists

In the Mens 4 x U14 event Long jump **Owen Chandler, Jope Rauqe, Patrick Faulkner & Angelo Mihos** were competing in their first ANSW carnival.

The boys had a terrific competition and all landed good jumps in their first round to give them a real confidence boost. Jope was the best of the team and finished with the 5th best jump of all the competitors when he landed a third round personal best jump of 4.74m. Owen was only two spots behind with a personal best jump of 4.62m. Two spots behind Owen was Angelo with another pb of 4.58m and Patrick (Paddy) Faulkner rounded the team out with his best first round jump of 4.52m and 11th overall. Altogether the boys jumped 18.46m to finish 10cm ahead of Westfield Sport's School and claim Ryde's second gold medal and the State Title of U14 Boys 4 x long jump. A sensational result for their first state competition.



Over the weekend Ryde finished with a total of 11 medals - 2 gold, 4 silver and 5 bronze medals from 19 entries an absolutely terrific result.

Thank you to all the parents who travelled all the way to Campbelltown to get the athletes there and cheer them on and especially to those parents who fulfilled our duty out on the field over the weekend, returning shot puts and discuses and raking the long jump pit.

NSWPSSA Carnival Results

The NSW Primary Schools Sports Association Athletics Carnival was held at SOPAC from 6th to 7th of November and Ryde Seniors was represented by three athletes.

Jessica Johnston threw a personal best throw of 10.21m to finish just out of the medals in 4th place in the 12yrs girls shot put. In the high jump Jessica cleared the bar at 1.40m which was the fourth highest jump. In the discus Jess (below) came home with the gold medal and a new personal best throw of 36.54m.



Isabella Barbara also competed in the 12yrs shot and discus. In the shot put Isabella threw 8.32m to place 21st in the State and in discus, 17.79m to finish 33rd.

Nathan Barbara had a full carnival competing in the 11-13yrs Boys multi-class and came home with silver in long jump (1.82m), gold in Discus (14.90m 67.72%), gold in shotput (4.99m) and silver in the 100m (22.03s).



Above Nathan and Isabella at SOPAC. Below Nathan with his medals.



The NSW State 3000m Championships

At the NSW State 3000m Championships held at the SOPAC warm up track on the 9th November Ryde was represented by 7 athletes.

Ashton Hanna place 7th in the Mens H Race in a personal best time of 9m 54.93s. Ryde's only other male representative was **Andrew Phillips** (bottom right) who placed 10th in the Mens I Race in a time of 10m 33.10s improved his personal best time by 25 seconds.

Georgia Phillips also smashed her personal best time by 22 secs to finish in 11m 25.38s to place 4th in the Womens E Race. New Ryde recruit, **Claudia Wilson**, (below), was Ryde's fastest female on the night when she took out 2nd place in the Womens D Race in a time of 10m 41.57s. **Lily Tomlinson** (top right) wasn't far behind placing 8th in the same race in a time of 10m 56.24s.



After a morning of selling cakes down at the Ryde Cake Stall and BBQ Fundraiser, **Arabella Price** finished with a time of 11m 06.99s to take out 14th spot in the Womens C Race. **Georgia Arcus** found herself in some very quick company when she took to the track in the Womens B Race and came home in 15th place in 11m 06.28s.





Top Row Georgia Arcus and Ashton. Bottom Arabella and Georgia Phillips

Senior Club Championships Day One for the 2019/20 Season

Whilst we never get a huge turnout we did have an active group for our first day of Club Championships which saw 10 new Club Records set as below.

DAY 1 - 2019-2020 SEASON – BOYS RESULTS

Age	Name	100m	400m	1500m	Long Jump	High Jump	Discus	Hammer
U12	Josh Smith	15.5				1.11m		19.12m
U13	Joep Rauge	15.2				1.41m	31.93mR	21.24m
U14	Joseph Harvey	12.5	57.2 R		4.69m	1.36m	14.81m	19.60m
U15	Thomas Ralph	14.5			4.58m	1.36m		14.19m
	Rory Davison				5.48m	1.56m	20.93m	24.98m
	Chris Mansfield	14.2	66.5		4.40m	1.41m	20.17m	12.89m
U18	George Davis	13.4	56.2		5.67m	1.61m	22.55m	13.93m
	Jett Tall	12.7			5.91m		34.19m R	23.40m
	Sam Galati	13.0			5.69m			14.57m
Vet 60+	Andrew Atkinson-Howatt						35.85m	31.75m
	Robert Hanbury-Brown					1.21m R	35.34m	36.15m
	Simon Bergfield				3.72m R		24.58m	
Visitor	Ben Mansfield	14.4	62.1		4.10m	1.41m		21.88m

DAY 1 - 2019-2020 SEASON – GIRLS RESULTS

Age	Name	100m	400m	1500m	Long Jump	High Jump	Discus	Hammer
U13	Jessica Johnston	14.8			4.01m	1.41m	33.14mR	27.73m R
U14	Caitlin Waldron	17.1			2.96m	1.21m	24.88m	22.82m R
U15	Sophie Kavanagh	13.8			5.02m	1.51m	22.74m	16.84m
	Arabella Price	14.6		5:35.4	4.12m		15.17m	10.30m
U16	Georgia Arcus	14.3	65.0		4.05m	1.36m	18.29m	15.87m
	Anastasia Lakic	13.8	72.4	6:14.8	4.11m	1.26m	15.29m	13.87m
	Eliza Da Silva	13.2			4.13m	1.36m	17.97m	
U18	Alyssa Lowe	12.3	59.4 R		5.93mR	1.46m	22.04m	22.44m



The two heats of the 100m above and below



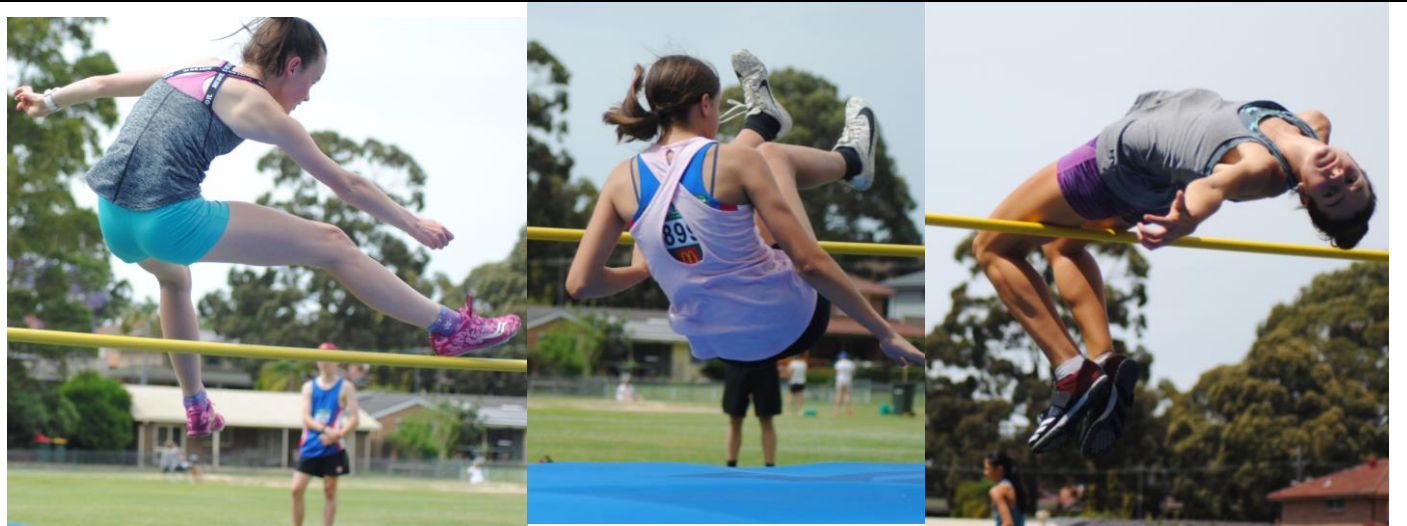


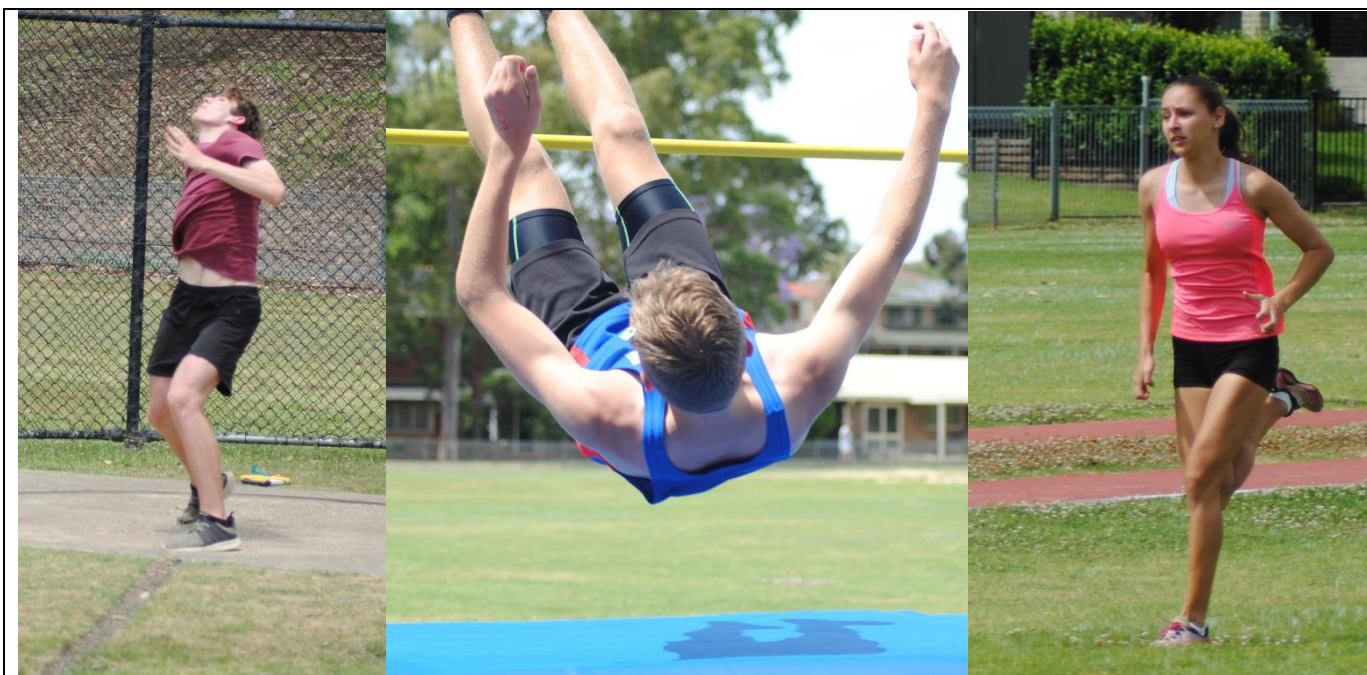
Above Caitlin and Jess both set new hammer records Below Robert sets the Mens 60+ high jump record and Josh and Chris sail over the bar





Above Joe & Alyssa set new 400m records. Ben and George hit the home straight. Below Andrew, Simon, Jope (new record) and Sophie at throws . Bottom Arabella, Eliza and Sophie at high jump





Above Jett at discus (record) Rory clears the bar and Anastasia out on the track . Below Tom on the track and Jope at high jump.



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 on the [ANSW website](#) and sign up for more competitions. For those of you new to seniors, the track events are usually run on a seed basis so athletes get to run against other athletes of like ability, regardless of age. Most meets require you to register in advance on line so add ANSW to your favorites list and check in regularly to see where and when you can compete.

Thank you to all our helpers this season especially at Bunnings and our Dunbar Cake Stall and BBQ

Thanks to all our families who took time out to help us raise funds at our Bunnings BBQ in October. It was terrific to see so many of the athletes we were raising funds for working out at the BBQ - **Alyssa Lowe, Mia Marshall, Rory Davison, Arabella Price & Joe Harvey** and/or helping on the Cake stall and BBQ – **Alyssa, Arabella, Mia and Zoe Warland**. Our Committee believes it is a great lesson for our athletes who we are financially helping to dig in and help as well and they all did a great job.

Special shout out to the **Warland family** who worked on all three of our Fundraisers this season.

Thanks also to Ryde Little A for letting us run a cake stall and giving us the proceeds of a Saturday BBQ. Special mention to **Jen Emmerson & Brad Shorten** from the Canteen & BBQ for all their assistance.

AS well as those mentioned above, thanks also to the following additional helpers over our three fundraisers

Zara and Mal Warland.

Jess Lowe

Ann Harvey

John, Elli & Sam Barron

Amelie & Sharon Sun

Nick & Elly Pawsey

Georgia & Katrina Arcus

Adam & Liam Price

Adam & Daniel Bruntsch

Caitlin & Ben Waldron

Natasha, Sasha, Anastasia & Angela Lakic

Peter, Laura & George Davis

Danielle, Jess & Dave Johnston

Mark Worrell,

Simon & Louise Bergfield

Eliza, Rita & Luis da Silva

Cameron Smith

Inga & Paul Davison

Kirsty Barnes & Rohan Marshall

Cassandra Board

Emily Ralph

Maxine Mannasz

Joanna Wong

Good luck to all our athletes at Zone next weekend. Here's hoping for lots of PB's and good weather.

Good luck to all the Ryde athletes competing at the Australian All School Championships in Perth in December. We hope you have a wonderful time and come home with some great results and photos for our next Footprint.



Senior & Junior Presidents Simon & Matt present Club donations to Arabella and Zoe above and Rory, Mia and Aly below to help with the costs of competing in Perth.

