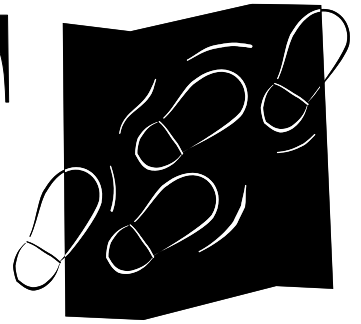




FOOTPRINT



Senior Division Edition February 2020

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122
www.ryde-athletics.org.au

Ryde Senior athletes have a bumper meet at the NSW Junior Championships. 10 Gold, 4 Silver, 6 Bronze and plenty of PB's

Over the weekend of the 21st to 23rd February 31 of Ryde Senior's best U13 and above athletes took on the best in the State and came home with some great results.

Before State we already had 20 athletes who had qualified for the Australian Junior Championships. Over the weekend we were able to add **Maxwell Mayhew** (U14 3000m walk) **Owen Chandler** (U14 Triple Jump)

Ashton Hanna (U17 Steeple) and **Brendan Mannasz** (U16 high jump) to our list of qualifying athletes.

As well as that some of our athletes qualified for additional events for nationals. These were **Rory Davison** (U16 pole vault), **Georgia Arcus** (U17 2000m steeplechase) and **Sophie Kavanagh** (U17 long jump). See page 20 for a full list of our qualifiers and the events they'll contest. Full report on ANSW Juniors starts on page 10.

Below Adam with his long-time coach Ross. Adam was 4th in the steeple in 2018, 3rd in 2019 and this year, State Champion. Never underrate persistence, hard work and a great coach. Well done Adam.



Ryde athletes take part in the last Trans Tasman tour

Five Ryde athletes were in the NSW team for the 22nd and final tour to New Zealand for the annual Little Athletics NSW Trans Tasman tour. All were from our U12 age group - **Zara Pawsey, Ella McGregor, James Woods, Julian Emmerson & Alexander Holodenko.**



At the Trans Tasman Challenge held on the 19th January in Auckland **Julian Emmerson (below)** smashed his pb by 5cm when he jumped an astonishing 1.47m to win the U12 boys high jump by 10cm. Julian also placed 16th in the long jump with a second round best jump of 3.97m. Out on the track Julian was 8th in his heat of the 100m in a time of 15.45s and 5th in his heat of the 200m in 32.11s.



James Woods (top right) also competed in the U12 long jump and placed 13th with a third round jump of 4.04m. In the 100m James was 6th in his heat in a time of 14.65s. In the 800m James was 16th in a time of 3m 08.01s.



Alexander Holodenko (below) finished just in front of James in the long jump with a best jump of 4.07m to clinch 12th spot. In the high jump Alexander was 11th with a best clearance of 1.25m. On the track Alexander was 10th in the 800m in a time of 2m 49.32s.



James, Julian and Alexander were all members of the NSW B 4x 100m team which placed 4th in a time of 62.70s.

Zara Pawsey had a busy day on the track and in the field. Zara was 16th in the U12 long jump with a best jump of 3.94m and 11th in the high jump with 1.25m. In the 1500m Zara was 7th in a time of 5m 47.10s and in the 800m Zara finished 9th in 2m 52.20s.

Ella McGregor was 30th in the U12 long jump with her second round jump of 3.11m. In the 1500m Ella finished just under 6 minutes when she stopped the clock at 5m 59.69s to place 10th. A time of 3m 02.38s saw Ella finish 13th in the 800m.

Zara and Ella also competed in the NSW B 4x400m team that finished 4th in a time of 5m 08.21s.



*Above Zara on the track & below Ella at long jump.
Bottom James, Ella, Zara, Julian & Alexander.*



Below Zara at long jump.



Above proud mum Jen with Julian & below on the podium.





Above 1.47m and over. Well done to Julian Trans Tasman U12 high jump champion. Below Ella& Zara, Alex and James



The NSW Masters Championships

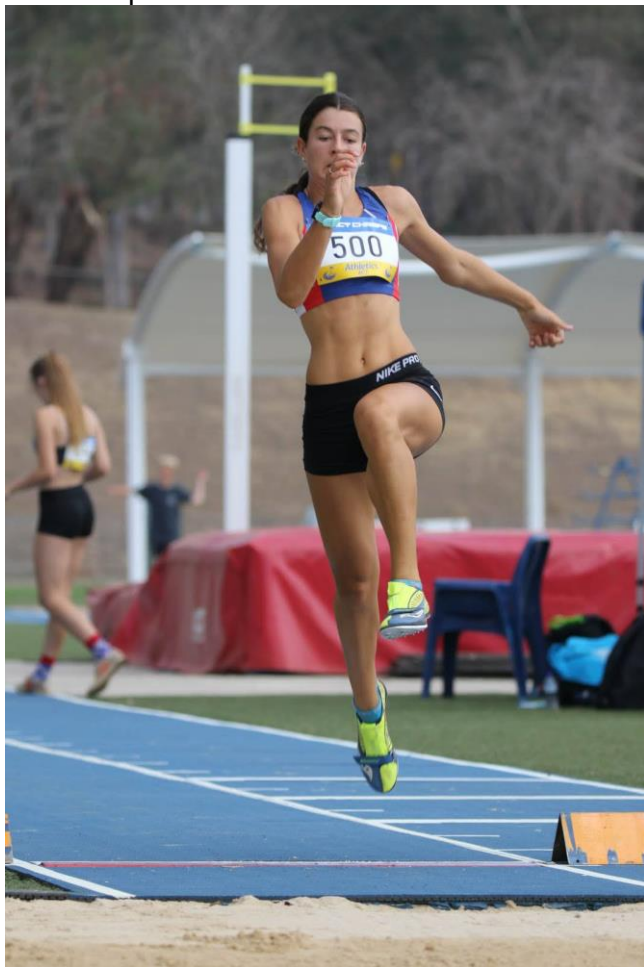
The NSW Masters Championships were partly held over the very wet weekend of the 7th-9th February with events postponed on the Sunday due to the deluge. On the Saturday **Ron Wills** competed in the men's 80-84yrs 400m and came home with the silver medal in a time of 104.90s.

We wish **Ron & Robert Hanbury-Brown** good luck for the rescheduled events to be held in early March.

Ryde Athletes bring home great results from the ACT State Championships

Five of our athletes made the trip down to Canberra for the ACT State Championships held over the Australia Day long weekend.

Alyssa Lowe and Sophie Kavanagh competed in a big field in the U18 long jump. Aly had trouble landing her run up with fouls on her first two jumps and a wrong leg on the final jump to finish with 3.41m. Sophie nailed a good second round jump of 5.20m to place her 8th.



Jack Baker had a big weekend and in what were far from ideal conditions managed to come home with two new personal best times. In the U18 boys 800m Jack ran a time of 2m 08.67s to place 5th. In the 400m Jack was in the second heat of the timed finals. Jack went out well and seemed to be even picking up speed in the back 200m to cross the line in second place in his heat and a new pb of 53.69s and 9th overall.

Amelie Sun and Zara Warland both competed on the opening night in the U18 800m. Both girls had excellent runs with Amelie coming home in a new



Jack showed really good form at the ACT Championships . left Sophie in the long jump . Below Zara

PB and a national qualifying time of 2m 18.43s for 5th place. Zara did a season's best time of 2m 21.68s to finish just behind Amelie in 6th place.



Sophie Kavanagh has been chasing the high jump national qualifier now for a couple of seasons and has been getting so close.

At the ACT Championships Sophie jumped her way to a new competition PB and national qualifying spot when she cleared 1.63m on her final attempt in the U18 women's high jump to take home the silver medal. Sophie had not missed a jump up to that point.

Zara and Amelie were back out on the track for the 1500m event. In an extremely tight finish Amelie crossed the line in a dead heat with another athlete in a time of 4m 51.22s. In the photo finish Amelie (right) was given the nod and took home the silver medal.

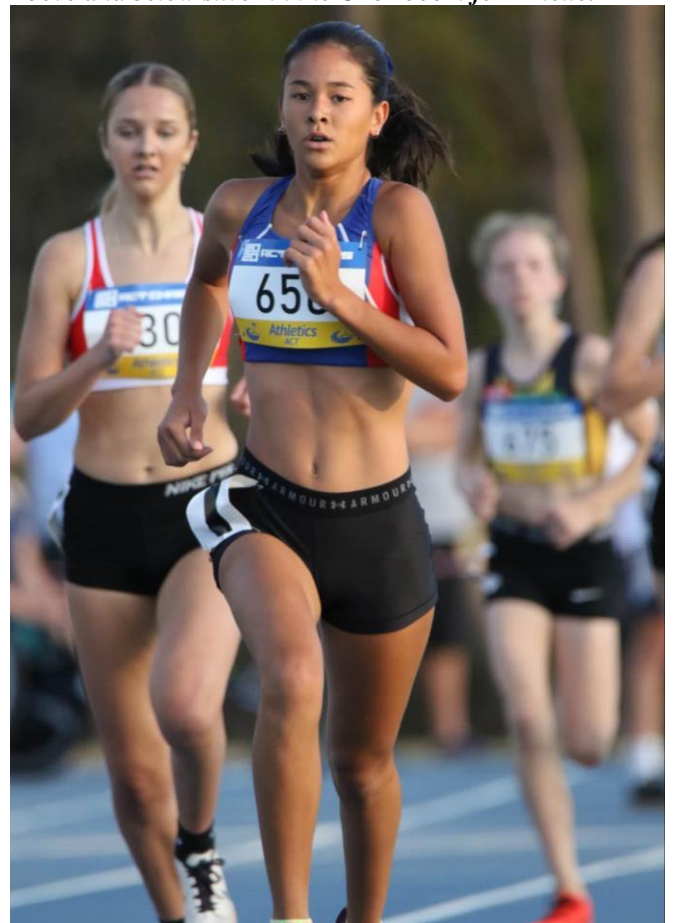
Zara was in 6th place in 5m.09.44s

Alyssa Lowe competed in the U18 100m hurdles and the 100m event. In her heat of the 100m Aly was first across the line in a personal best time of 12.29s. So good a time that this is .15sec under the Open Women's 100m qualifying time. The time was the second fastest of all heat times. In the final Aly secured the bronze medal in a time of 12.34s.

In the straight final of the 100m hurdles Aly was again first across the line to claim the gold medal in a time of 14.54s.

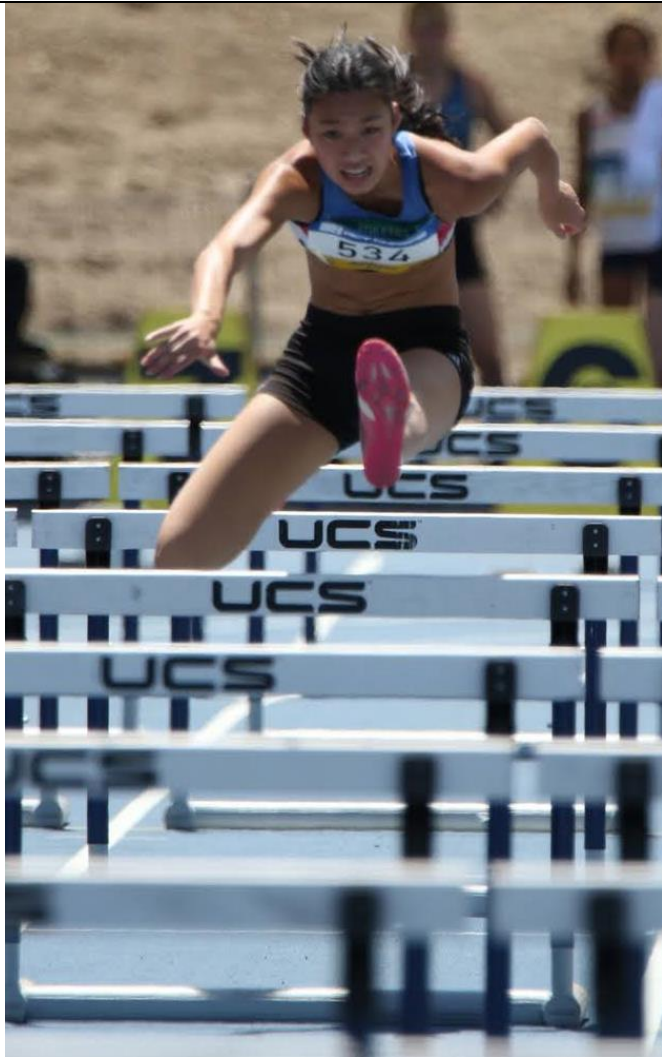


Above and below silver in the U18 1500m for Amelie.



At left, Sophie clears the bar for a national qualifying jump of 1.63m. Well done Sophie.





Above Aly on her way to gold in the U18 100m Hurdles.

ANSW Combined Event Championships

The NSW Combined event Championships were held on the 25th-26th January at SOPAC and Ryde had two representatives.

Jessica Johnston competed in the U14G Pentathlon and came home with the gold medal. Jess's individual results were high jump 1.41m (523 points) shot put 9.76m (514), 200m 30.10s (475), javelin 34.80m (568), 800m 3m 14.86s (239) for a total point score of 2319.

Rory Davison competed in the Men's U16 two day Heptathlon. Rory placed 5th overall with a total of 3352 points which was a national qualifier for the Australian Combined Event Championships which were held in Brisbane over the 15th-16th February. A prior commitment to State Cup touch Football saw talented all-rounder Rory having to forgo that competition.



Podium finish for Jessica in the U14 Pentathlon.

Rory's individual results were 100m Hurdles 16.14s (582) High Jump 1.69m (536), shot put 10.88m (539), 200m 25.44s (569), long jump 5.45m (471), javelin 23.59m (210), 1500m 5m 20.89s(445). A great result for his first attempt at the Heptathlon.



Above Rory cleared 1.69m in the high jump

Former long time Ryde Athlete, **Chloe Davis** won the Open Women's Heptathlon, scoring herself a much prized laurel wreath number for next season and a spot at the Australian Open Combined Event Championships in Brisbane where Chloe placed 8th overall with 4310 points.

At the NSW Championships Chloe produced personal bests in the 200m and the 100m hurdles on day one to take a 163 point lead overnight and Chloe further extended that the next day to finish with a total of 4280 points. We congratulate Chloe on a great achievement in winning an Open's title.



Ryde's Second Night of PB's

A new initiative this season from Ryde's Junior Division has been the introduction of some twilight meets call the Night of PB's.

These have been really lovely nights with guest starters so far having been **Georgia Winkcup**, former Ryde athlete and recent Australian representative at the Athletics World Championships, and , at the most recent event former Olympic 1500m semi-finalist, **Jenny Blundell**.

The second night was held on the 22nd January and over 50 athletes from Ryde and other local clubs signed on to run either the 400m or 1500m in seeded heats. After the races the athletes listened to Jenny talk about her career, what steps she has taken to get there, and how she started out in Cherrybrook Little Athletics. Jenny then took questions from the group which ranged from "where did you go to school" and "how often to you train" to "have you ever raced Usain Bolt"!

The Junior Division are looking towards planning further nights and I'd encourage you to attend these as they are a good way to challenge yourself beyond your current age group and to support the Club in finding new ways to involve our athletes.



Above Jenny and Ella and Chloe McGregor and below with Jacqueline, Elly & Zara Pawsey







THE NSW JUNIOR ATHLETICS CHAMPIONSHIPS

The ANSW Junior Championships were held at SOPAC from 21st -23rd February and Ryde Seniors was represented by 31 athletes who came home with 20 medals.

Our first two athletes out on the track were **Timothy Forster** and **Rory Davison** (see page 20 for a photo) in the U16 100m hurdles. Timothy, having already secured, this season a NQ time, was the winner of the second heat and finished 6th overall (5th placed NSW athlete) in a time of 14.91s. Rory who was to be Ryde's busiest athlete of the carnival with 6 events, was 3rd in the same heat and 10th overall (9th NSW) in a time of 15.71s.

Zoe Warland and **Alyssa Lowe** ran in the U20 100m and U18m 100m hurdles respectively. Zoe, stepping up to a new height in hurdles this year, finished 4th in her heat and 9th overall in a time of 15.31s.

Last year at Juniors Alyssa was well ahead when she clipped the final hurdle and ended up 4th. There was no such trouble for Alyssa this year and she powered home first in the second heat and won the gold medal in a time of 14.54s in exactly the same time she ran to claim the ACT U18 100m title a few weeks prior.



Above Aly wins gold in the U18 100m hurdles

Jess Johnston (below) was signed up for all four throws event at the carnival. After a shaky start with two fouls in the U14 hammer throw Jess found her rhythm and got a good round three throw out of 30.96m to move her into silver and then cemented that spot with her final throw of 33.25m.



Our Little A Ryde U15 boys have really come to the fore this season and three of them were out at the U16 men's high jump. **Brendan Mannasz** (at right) was to finish the best of the trio and secured himself a spot on the NSW team for the Australian Juniors when he cleared 1.70m to take home the bronze. His brother **Aidan** finished in 6th place with his best clearance of 1.65m and **Rory Davison** was 9th with 1.55m.

As Aidan had already qualified for the Australian Juniors in the 200m hurdles when he ran a qualifying time at 2019 NSW All Schools, Ryde has twins competing at nationals for the first time since I've been doing publicity.

After winning the U14 400m at Region, albeit in one shoe after losing one during the race, **Ruby Worrell** was after a good time and a final's spot when she ran in the 1st heat of the U15 girls 400m Ruby ticked that box when she crossed the line in third place in 59.25s and was the fourth fastest qualifier for the final.



Joe Harvey was one of our many athletes who missed Little A regions when a change of weekend meant many athletes were already committed to NSW State Touch Football Cup. Joe made up for that when he ran 2nd in his heat in a time of 56.04s to win a place in the final with the 4th fastest time.

Sophie Kavanagh (below) was our first long jumper of the meet and showed outstanding form and consistency when she took home the gold medal and a spot at the Australian Juniors with her 4th round jump of 5.46m. Sophie's set of jumps were 5.32m, 5.35m, 5.23m, 5.46m, 5.16m, 5.24m. In the end only 3cm separated 1st from 3rd, so a great finish for Sophie.





Sophie is having a brilliant season. Above her first State title U17 long jump.

Jack Baker ran close to his personal best time when he stopped the clock at 54.16s in the fastest of three heats, and placed 11th overall in the U17 400m heats.

Alyssa Lowe (top right) was the silver medallist in the U18 long jump with her second-round jump of 5.79m. Pain in her foot saw Aly pass two jumps and decide to withdraw from the 100m on Saturday and wisely save herself for upcoming nationals.

Ryde had five competitors in the 3000m on the opening night. **Georgia Phillips** chopped a remarkable 23 seconds off her time from Little A regionals when she crossed the line in 11m 03.52s and 10th place in the U15 girls 3000m. A great start for the weekend.

Jacob Leon and **Ashton Hanna** were out next in a big field in the U17 boys 3000m. Jacob finished in 5th spot in 9m 15.91s and Ashton chopped 17 seconds off his Region time when he placed 14th in 9m 47.08s. Elli Barron was our third runner to make a huge improvement (28 seconds) on her Region time when she crossed in 11m 02.26s for 8th place in the U16 3000m.



Zara Warland was our final 3000m runner of the night. Zara was one of the few athletes who was able to juggle State Touch Football Cup and Regions a couple of weekends ago and was able to run there in the 800m and qualify for State little A when she finished 2nd in the U17 800m. In the U17 3000m at Juniors Zara placed 6th in 11m 41.08s

Our final competitor of the night took to the field at 9.35pm and was **Zoe Warland** in the U20 long jump. As one of the younger jumpers in the field Zoe did well to place 5th with her second-round jump of 5.32m.

Maxwell Mayhew was one of our youngest male competitors of the weekend and was competing at ANSW for the very first time. After a great time and first place in the 1500m walk at Regions, Max was stepping up to double the distance in the U14 boys 3000m walk. Chasing a national qualifying time of 17m 30 sec, Max smashed that when he crossed the line in 16m 41.48s for 5th place (4th in NSW) and secured his spot on the NSW team for Juniors. A great result from his first attempt. Max's time is 18sec under the current U15 qualifying time so he may well have also qualified for the 2021 nationals as well.

Mia Marshall, (below) kicked off Ryde's field campaign on Saturday with her second state title of the season when she cleared 2.30m to win the U15 girl's pole vault.



Jess Johnston went one better than her silver on opening night when she won the gold in the U14 javelin. All four of Jess's throws were good enough for Gold and her second-round throw of 33.50m proved to be her best.

The final of the men's U20 Triple jump proved highly competitive and **Sam Galati** did well to put out a consistent set of 6 jumps with his third round jump of 11.86m being his best and securing him 8th spot.

In the U16 Boys 100m heats **Aidan Mannasz** and **Timothy Forster** both ran in the second heat. Aidan finished 8th in 12.09s and 18th overall and Timothy in 9th in 12.71s for 27th overall. **Rory Davison** was in the final heat where he placed 8th and 25th overall in a time of 12.52s.

Eliza Da Silva has had a great season including a qualifying time in the 100m on one of the hottest December days. In the heats of the U17 100m Eliza crossed the line in 12.93s for 5th place in her heat and 8th overall. In the final Eliza placed 8th in 13.22s.

Jess Johnston was out for her third throw event of the meet, the U14 shot put. All of Jess's throws were over 9m and her second round put of 9.69m saw Jess finish in 4th place.

In the U15 women's 1500m Ryde had two competitors. **Claudia Wilson** finished in 8th spot in 5m 05.78s and **Georgia Phillips (below)** in 12th in 5m 16.12s. **Oliver Smith** was out after the girls in the U15 men's 1500m and stopped the clock at 5m 15.74s for 10th place at State.



Amelie Sun was our 4th 1500m runner. Amelie had picked up a silver medal at the ACT Champs in the 1500m and cut a further 3 seconds off that time when she picked up the bronze in NSW with her time of 4m 48.60s. **Arabella Price** was only two places behind Amelie when she crossed the line in 5m 0.11s, a good warm up for her pet event, the Steeplechase, on the Sunday.

Jacob Leon and **Adam Bruntsch** finished within .27s of each other in the U17 men's 1500m. Jacob was 6th in 4m 13.22s and Adam 7th in 4m 13.49, cutting some 10 seconds off Adam's time from Regionals.

In the finals of the 400m U15 **Joe Harvey** stormed home with a new personal best and national qualifying time of 55.13s for 4th place.



Above Adam and Jacob finished with .27sec in the U17 1500m.

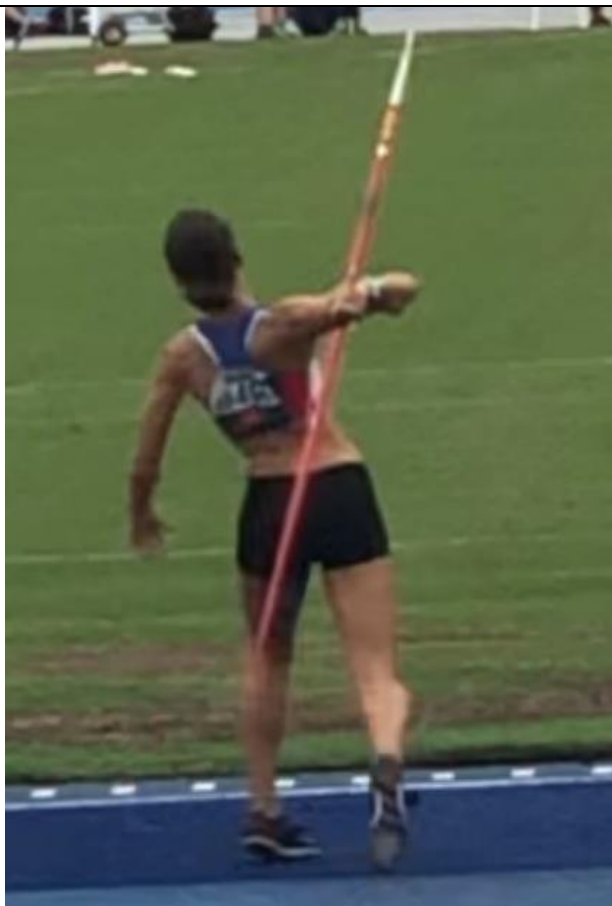
Owen Chandler (below) pulled out a 15cm personal best when it was needed and secured the bronze medal in the men's U14 Triple jump and a spot on his first NSW team. Owen's best jump was 10.30m and his three legal jumps were all over the 10m mark.



Above Owen on the runway. Congrats on making your first NSW Athletics team.

Sofia Gately (below) and **Sophie Kavanagh** were able to keep each other company out at the U17 javelin. Sofia threw 6 consistent throws to land a best throw of 27.60 for 7th place. Sophie Kavanagh managed a new personal best and landed the javelin four times over 35m for a best throw of 35.54m and 5th place.





Above Sophie threw a new PB, 35.54m in the U17 javelin

The U16 Men's Triple jump was marred by a broken leg for one of the athletes. **Rory Davison** and **Aidan Mannasz** were representing Ryde in an event that was cut short to three rounds because of the accident. Aidan's second round best jump of 11.72m secured him 6th place and Rory's first round leap of 12.18m put him into the silver medal position.



Above Rory and Aidan



At 2019 All Schools Rory finished with bronze in the Triple Jump. At NSW uniors he moved up to silver.

Ruby Worrell finished her Saturday with a new personal best time when she finished 5th in the final of the U15 girls 400m in a very fast 58.91s.

SOPAC was raining medals for Ryde first thing Sunday morning. **Claudia Wilson** led the U15 girls 2000m steeplechase from start to finish and crossed the line just outside her personal best with a time of 7m 48.98s.

Elli Barron's race was hampered when another runner stepped on the back of her shoe and Elli lost time recovering from that. Even so Elli managed to get some consistent laps out there and crossed the line in 7th spot in a time of 8m 10.94s.

The last time **Georgia Arcus** ran in the steeplechase she finished just short of the national qualifying time. Georgia wasn't going to do that again and this time not only finished under the qualifying time but also picked up a bronze medal in a time of 7m 52.79s in the U17 2000m Steeplechase. Finishing in front of Georgia in 2nd place was **Arabella Price** in 7m 37.24s who held down the silver medal spot for the entire race.



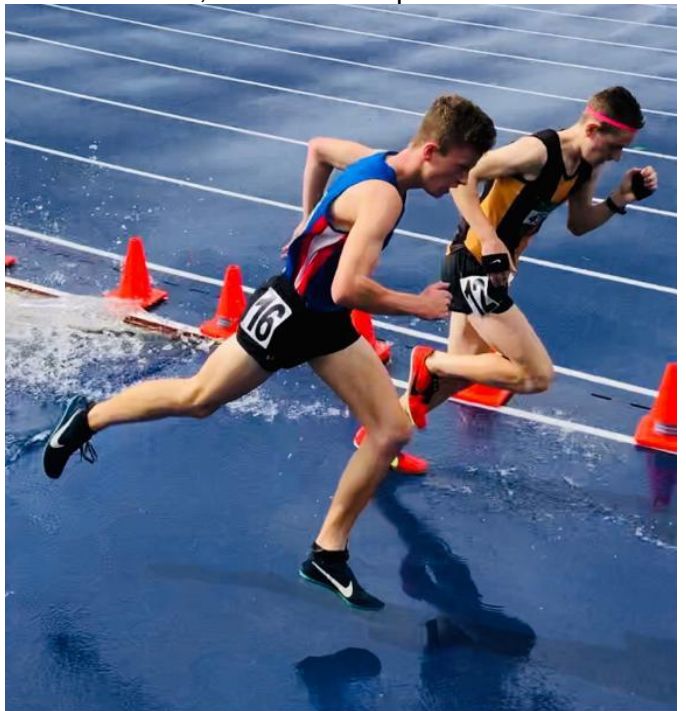
*Above Georgia, Arabella, Claudia & Elli. If they had a steeplechase relay at Senior Relays Ryde would rock!
Below Claudia, Gold in the U15 Steeplechase.*



Above Arabella and Georgia, silver and bronze in the U17 Steeplechase.

Sophie Gocher was the last of our female Steeplechasers and successfully defended her U20 3000m Steeplechase title from last year's Juniors when she crossed the line in 11m 57.26s.

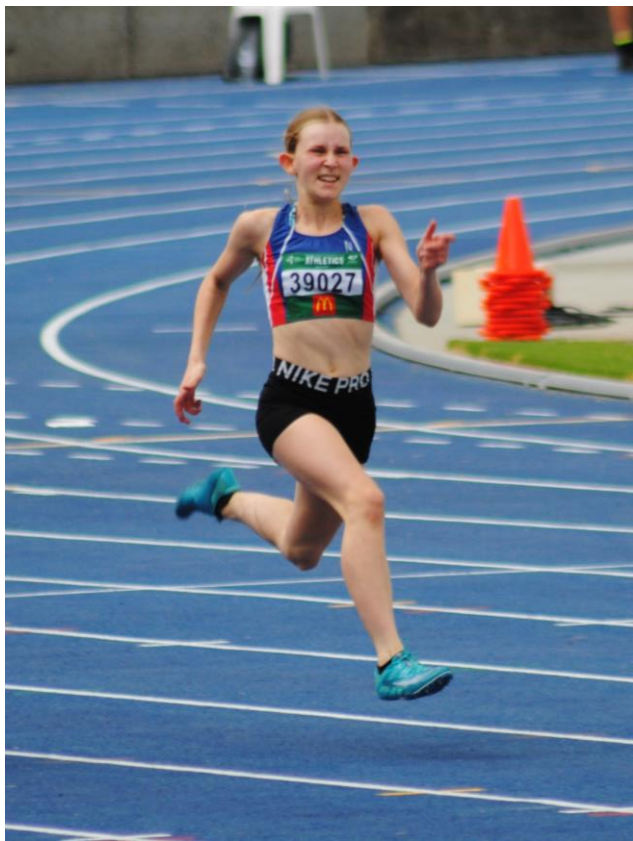
At last year's Juniors, **Adam Bruntsch** was the bronze medallist in the U16 2000m steeple. This time Adam tucked himself into second position for the first 1600m. On the bell lap Adam was .17s behind the leader but in the final lap Adam had more left in the tank and came home with the Gold medal almost 4 seconds in front of second. Adam's time was 6m 21.69s, a five second personal best.





Above Ashton on the Steeple qualifying for nationals
Ashton Hanna had been chasing a national qualifier in the steeplechase all season and finally secured one in the U17 2000m steeplechase when he finished in a new personal best time of 6m 42.38s for 9th place.

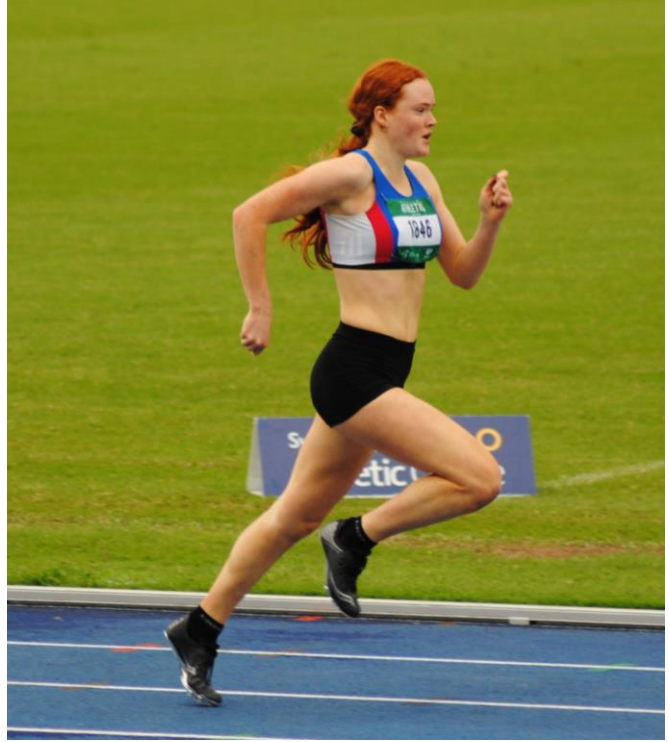
Ruby Worrell (below) ran in the second heat of the U15 200m and placed 3rd in the heat in a time of 26.23s. In the final Ruby was powering home and still making up ground on the other runners when she crossed the line in 5th place a time of 26.26s.



NSW Junior Champs		
Unofficial		
Women 200 Metres U15 H1-F		
Wind: +1.3 m/s		
1	Damita Betham	Camp 25.23
2	Tuliana Kabuyawa	Camp 25.42
3	Ledia Ekoue	Sydn 25.68
4	Sienna Dellow	Armi 26.01
5	Ruby Worrell	Ryde 26.26

Eliza Da Silva was 4th in her heat and agonisingly finished just .05s off a final spot when she placed 10th overall in 26.80s in the U17 girls 200m heats.

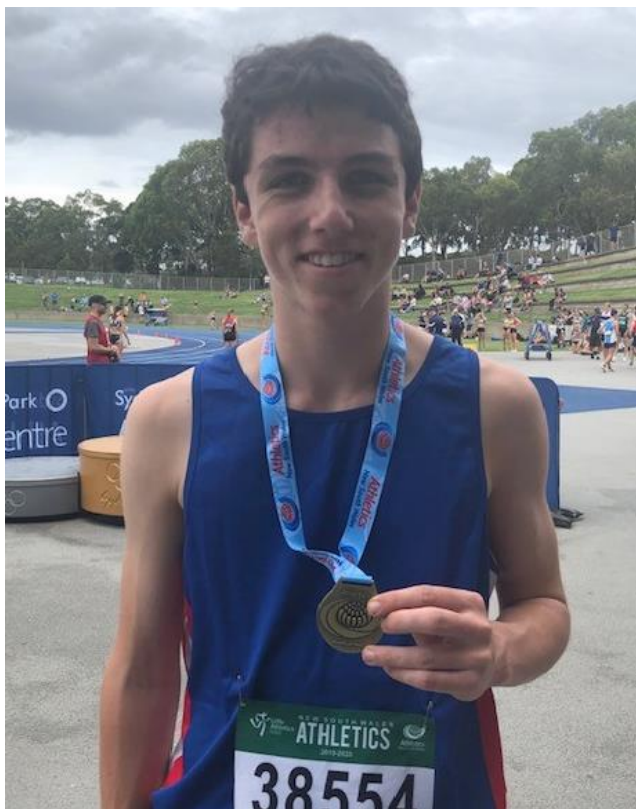
Zoe Warland (below) was our final competitor in the 200m and placed 7th in her heat of the U20 200m in a time of 27.74s.



Georgia Phillips was on the track for her third middle distance event of the weekend, the U15 girls 800m and ran 2m 30.46s when she placed 5th in her timed final and 13th overall.

In the first of the timed finals of the men's U15 800m **Joe Harvey** took the bell just in the lead and increased his lead over the second lap to finish in a time of 2m 10.38s and, after waiting for the second timed final to run was able to claim the State title.

Oliver Smith ran in the second timed final and placed third in that race and was 10th overall in 2m 24.29s.



Above Joe with his gold in the U15 800m

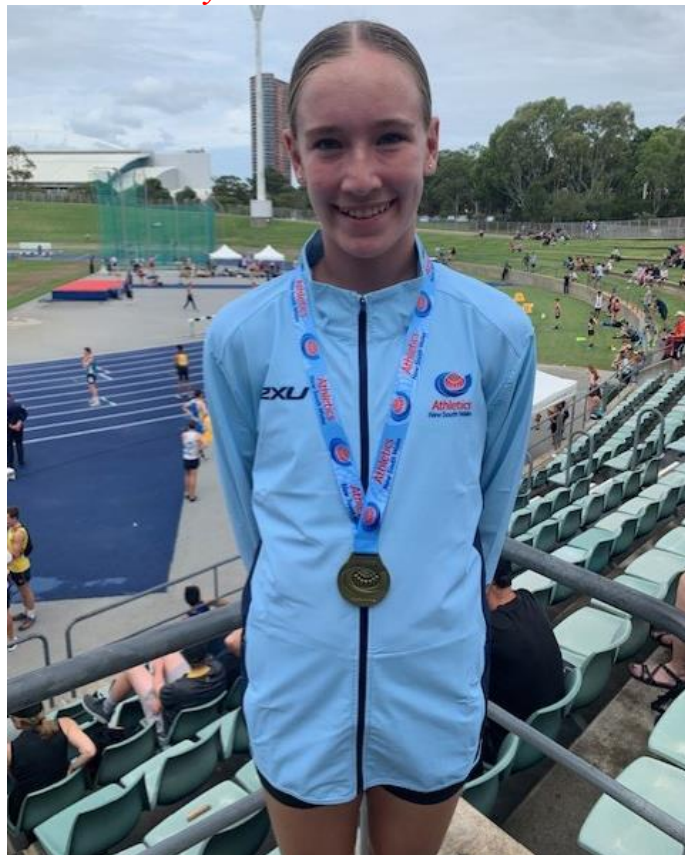
Out in the field on Sunday Ryde was having some great results as well.

Rory Davison (below) was competing in the U16 Pole Vault for the first time and came home State Champion with a best height of 2.80m.



Jess Johnston was to finish her first Junior campaign on a high note when she won the Girls U14 discus in wet conditions with her second-round throw of 30.35m. Jess will compete in hammer throw, discus and javelin at nationals.

Below Jess picked up her NSW uniform and a Gold medal on Sunday.



Sam Galati and Jett Tall were part of Ryde's U18 Mens long jump bronze medallists at the NSW State Relays and both competed in the U20 Long jump. Jett's second round jump of 6.37m secured him 6th spot and Samuel's 5.56m first round jump placed him 12th.

After achieving a national qualifier of 1.63m in high jump at the ACT Championships, **Sophie Kavanagh**, in the U17 high jump went 2cm better when she cleared 1.65m for the first time. After winning the gold in the long jump Sophie took home the high jump bronze.



Rory Davison was our final field competitor of the meet when he placed 12th with a best jump of 5.39m.

On the track we had **Georgia Arcus, Zara Warland and Amelie Sun** competing in the U17 800m timed finals.

Amelie finished 6th in 2min 20.87s, Georgia 9th in 2min 25.60s and Zara was not able to finish the race but recovered well afterwards.

Our final two track competitors of the weekend were **George Davis** and **Aidan Mannansz** in the hurdles.

George smashed his personal best time when he ran 58.23s in the first of two-timed finals to place third. After the second timed final was run George was still in third place and took home his first State hurdle medal.



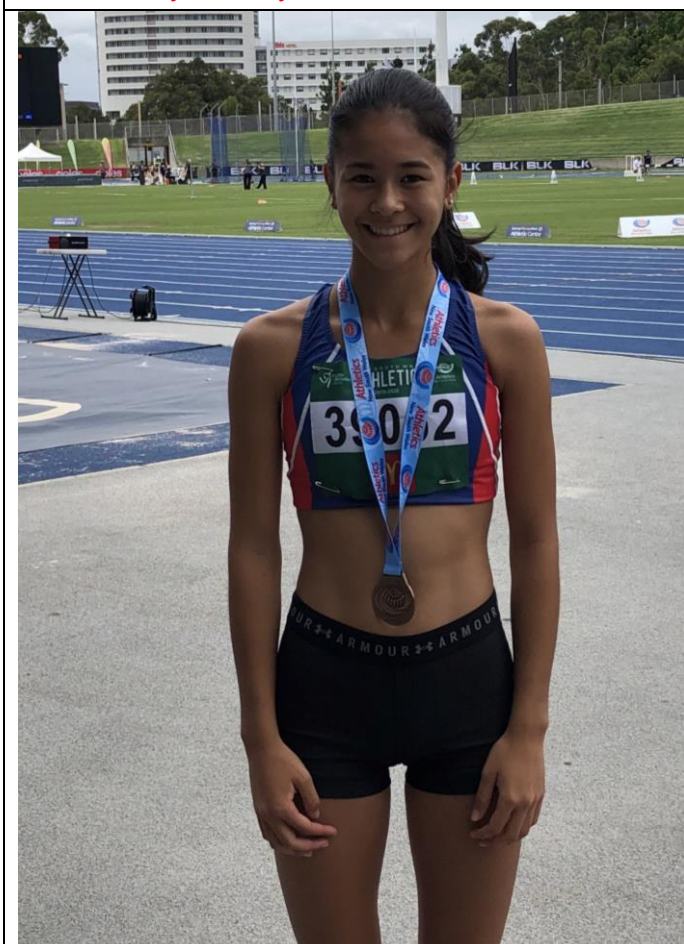
Aidan took 1.3s off his personal best time when he was 5th in the U16 200m hurdles in 28.66s.

A thank you to all our parent helpers over the weekend, I really appreciated your help. In future we are likely to be asked on a more regular basis to help at ANSW events and it will be hoped that we can share this fairly around all parents, not just a few regulars.

We also congratulate Ryde Junior **Ben Stevens** who competes for Trinity Seniors for his gold medals in the U16 discus & shot put and silver in the hammer.



Above Timothy and Rory in the U16 100m hurdles



Above Amelie bronze in the U17 800m.



Above Sophie Gold in the U20 3000m steeplechase



Above up and over for Rory U16 Pole Vault ANSW Junior Champion

Congratulations and best of luck to all our Ryde Senior qualifiers for the Australian Athletics Championships to be held in Sydney from 21st to 29th March. Last season we had 13 qualifiers. This year we have 24, a sensational result.

Alyssa Lowe U18 Long jump, Triple jump, 100m, 100m Hurdles

Zoe Warland U20 100m Hurdles

Arabella Price U17 2000m Steeplechase

Joe Harvey U15 800m, 400m

Mia Marshall U15 Pole Vault

Rory Davison U16 Triple Jump, U16 Pole Vault, Pentathlon

Amelie Sun U17 1500m, 3000m, 800m

Jacob Leon U17 3000m, 1500m, 800m

Ruby Worrell U15 400m, 200m

Claudia Wilson U15 2000m Steeple, 3000m

Adam Bruntsch U17 2000m Steeplechase

Sophie Gocher U20 3000m Steeplechase, 1500m

Aidan Mannasz U16 200m Hurdles

Elli Barron U16 2000m Steeplechase

Timothy Forster U16 100m Hurdles

Georgia Arcus U17 3000m, 2000m steeplechase

Jess Johnston U14 Javelin, Discus, Hammer throw

George Davis U18 400m Hurdles

Eliza Da Silva U17 100m

Sophie Kavanagh U17 High jump, U17 long jump

Brendan Mannasz U16 high jump

Owen Chandler U14 Triple jump

Maxwell Mayhew U14 3000m walk

Ashton Hanna U17 2000m steeplechase