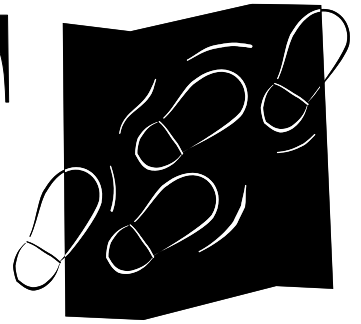




FOOTPRINT



Senior Division October 2020

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

Welcome back for a new and very different season

Looking back at the first Footprint of last season, it was filled with a variety of winter cross country events and school representative athletics season results. This year, most school representative athletics has been cancelled and the XC season was dramatically curtailed. Athletics Australia has been forced to cancel 8 national championship events that were to be held in 2020.

As the new season starts then, I'd encourage you to register early for any of the events that ANSW adds to their calendar page just in case that they need to limit numbers of entrants as they are running Covid compliant events. You can find their calendar page [from this link](#).

Before you can register to enter these events you need to ensure you have completed your [2020/21 Athletics NSW registration](#). For dual registered Little athletes, the process has changed this year and you actually have to go to the ANSW website to register. Disappointingly, so far only about 30% of our eligible Ryde Little Athletes (U12-U17's) have registered so please, go and do that soon.

Email lbergfield@hotmail.com if you need any more information on registration.

Happy 80th Birthday Ross

Ross Forster, Ryde Life member, Seniors' Coach, Race Reporter and Registrar and all round club legend celebrated his 80th birthday in August this year.

At right the Birthday Cake read "Happy 80th to the best coach".

With Covid limiting our ability to undertake a wider celebration, our committee celebrated the occasion with cake and champagne. We also put together video clips from nearly 30 current and former athletes, families and officials who had worked with Ross, acknowledging the contribution that Ross had made. The genuine outpourings of good wishes and great memories and a few laughs, reinforced how lucky we are to have Ross here at Ryde.

Ross, being Ross was actually due to be at SOPAC on the night of his 80th birthday at an IGSSA meet with the Loreto girls he trains. The Arcus family had organised a cake to take but the carnival was called off at the last minute. Georgia dropped round with the cake, which was certainly a one off and greatly appreciated by Ross.

There were also many birthday wishes posted on the Ryde Athletics Facebook page, once word spread of the special birthday.



Athletics NSW Cross Country events

The Athletics NSW Short Course Cross Country Championships

The New South Wales Short Course Cross Country Championships were held at Integral Energy Park, Dapto on Saturday, 19th July and we were represented by 11 athletes.

Ben Woodhouse ran in the Under 13 Boys 2km event and finished in 4th place with his time of 6 mins 37 secs.

Axel Bruntsch (below left) also ran in the Under 13 Boys 2km event and placed 13th with his time of 7 mins 17 secs.

Julian Smith (below right) also ran in the Under 13 Boys 2km event and finished in 14th place in a time of 7 mins 19 secs.



Oliver Smith contested the Under 15 Boys 3km event placing 8th with his time of 10 mins 50 secs.

Nicholas Woodhouse also contested the Under 15 Boys 3km event and placed 12th with his time of 11 mins 05 secs.

Georgia Phillips (photo top right) competed in the Under 15 Girls 3km event and finished in 4th place with her time of 11 mins 04 secs.

Amelie Sun contested the Under 17 Girls 3km event and placed 10th with her time of 11 mins 20 secs.



Zara Warland also competed in the Under 17 Girls 3km event placing 14th and returning a time of 12 mins 07 secs.

Georgia Arcus also competed in the Under 17 Girls 3km event and placed 17th with her time of 12 mins 38 secs.

Lily Tomlinson was a competitor in the 17+ Girls 3km event placing 8th with her time of 11 mins 20 secs.

Amelie, Lily, Zara and Georgia finished in 2nd place in the U18 Teams event with their combined time of 47 mins 25 secs.

Adam Bruntsch competed in the Under 17 Boys 4km event and placed 7th with his time of 13 mins 05 secs.

Maddie Playford and **Sophie Gocher** both competed in the Under 20 Women's 4km event. Maddie finished in 9th place in 15m 41sec with Sophie following just behind for 10th place in a time of 15m 48secs.



Above Georgia, Zara and Amelie who along with Lily, won Silver in the U18 teams event. Congratulations too to Amelie who was recently announced as Meridan's Sports Captain 2021. Below Adam out on the course.



Athletics NSW Short walks Championships

The NSW Short Walks Championships were held in Sydney Olympic Park on Saturday 15th August and Ryde Athletics was represented by **Rhys Chandler**.

Rhys competed in the Mens U11 1200m walk and came home in a time of 8m 30sec to collect the silver medal. Well done Rhys.



The Athletics NSW 2020 Cross Country Championships

The Athletics NSW 2020 Cross Country Championships were held at Dapto on the weekend of 10th -11th October and Ryde was represented by eight athletes.

Lily Tomlinson ran in the U18 Women 4km event and finished in 15m 59sec to secure 7th place.

Adam Bruntsch (bottom right) finished in the best place of our male athletes over the weekend when he placed 5th in the U17 Men 6km event in a time of 20min 29sec.

Maddie Playford (below and top right) squeezing a final competition in before she embarks on her HSC exams, had an excellent run and came home with the bronze medal in the U20 Women 6km event. Maddie crossed the line in a time of 24min 23sec. We wish Maddie every success in her exams.



In the U15 Women 4 km race **Georgia Phillips** finished the best of the Ryde girls in a time of 15min 38sec to take 8th place. **Ruby Worrell**, was having a big change out from her usual sprint events to run State Cross Country for the first time, and finished 22nd in a time of 18min 43sec with **Claudia Wilson** just one spot behind in a time of 19m 06sec.



Sophie Gocher also competed in the U20 6km women event and placed 6th overall in 24min 46sec.

Oliver Smith was our first runner out on Sunday and in a big field Oliver finished in 13th place in 15min 09 secs in the U15 Men 4km race.



Below Georgia Phillips 9th in the U15 event. At right Claudia and Ruby.



Below Lily Tomlinson ran 7th in the U20 6km event.



Above Sophie (U20's) & Oliver below (U15's)



Congratulations to the eight Ryde Athletes named in the NSW Cross Country Merit Team

The conclusion of the NSW Cross Country season usually culminates in the naming of the NSW team for the Australian Cross Country Championships. Unfortunately, as a result of Covid 19 nationals will not be held this year.

Athletics NSW did however name their merit team, and 8 of our best cross country runners made the NSW Merit team.

Well done to

Maddie Playford & Sophie Gocher (U20)

Lily Tomlinson (U18)

Adam Bruntsch (U17)

Georgia Phillips & Oliver Smith (U15)

Benjamin Woodhouse & Julian Smith (U13)

Gold, gold, gold for Robert at the 2020 AMA Winter Throws Championships

At the 2020 Australian Masters Winter throw Championships, Ryde's **Robert Hanbury-Brown** came home with a first place in the Men's 60+ throws pentathlon, as well as the discus, hammer, shotput, javelin and weight throw events.

Robert's results in the throws pentathlon were;

- * Hammer 37.23m (655 points)
- * Shot put 10.33m (661)
- * Discus 35.14m (611)
- * Javelin 33.70m (554)
- * Weight 13.87m (704) for a total point score of 3185.

In the individual events Robert threw

- 36.61m in the hammer throw,
- 36.50m in the discus,
- 10.02m in the shot put,
- 33.56m in the javelin,
- 15.75m in the 16lb weight and
- 14.61m in the 20lb weight.



Above Robert second from right

Welcome to our Committee - Chloe Davis

A big welcome to **Chloe Davis** who has put her hand up to be our Fundraising Convener this season. Chloe was a long time former Ryde Junior & Senior Athlete and at just 20yrs is the current Athletics NSW Open Heptathlon Champion.

Chloe will be in touch with members shortly to start organising our first fundraiser of the year.

If anyone else would be interested in joining the committee, it would be greatly appreciated. We only meet about 8 times a year and those meetings rarely exceed an hour. If you want a voice in where our Senior division is going then this is your chance. Email lbergfield@hotmail.com.

Seniors Committee 2020/2021

President Simon Bergfield

Vice President Andrew Atkinson-Howatt

Secretary Suze Barron

Treasurer Pete Davis

Registrar, Race Secretary Ross Forster

Publicity Louise Bergfield

Fundraising Chloe Davis

Committee Member John Barron

ANSW Delegates Simon Bergfield, Andrew Atkinson-Howatt

ANSW Co-Delegates Betty Moore, Andrew Atkinson-Howatt

Northern Zone Delegates Andrew Atkinson-Howatt

Coaching Convenors Ross Forster

ANSW EVENTS CALENDAR – MAJOR EVENTS

Athletics NSW have released their calendar for the remained of this year. If you want to experience some good competition then these are the events for you. Races are seeded so that you will compete against people of similar ability, regardless of age. Field events are also seeded, based on pb distances. Before you can compete at these events you must be registered as a Ryde Senior. Here is [another link to the membership page](#). Below are listed the championships events but every week there are also some smaller club provided events your athlete could attend. Here [is a link to the Competition page](#) where you can see which events are open now for you to enter once you are registered as a Senior.

2020 SUMMER TRACK & FIELD CALENDAR

Athletics New South Wales

 OCTOBER 17 NEPEAN INTERCLUB BLACKTOWN ATHLETICS TRACK	 OCTOBER 24 BANKSTOWN INTERCLUB THE CREST ATHLETICS TRACK
 OCTOBER 24 NSW 10,000M CHAMPS THE CREST ATHLETICS TRACK	 OCTOBER 31 SUTHERLAND INTERCLUB SYLVANIA WATERS ATHLETICS TRACK
 NOVEMBER 7 NSW CLUB CHAMPS SOPAC	 NOVEMBER 15 IBS INTERCLUB KERRYNN MCCANN ATHLETICS CENTRE
 NOVEMBER 21 SYDNEY UNI INTERCLUB SOPAC WARM UP	 NOVEMBER 21 NSW 3,000M CHAMPS SOPAC WARM UP
 NOVEMBER 27-29 ACPE NSW ALL SCHOOLS SOPAC	 DECEMBER 4-6 ACPE NSW ALL SCHOOLS SOPAC
 DECEMBER 12 CAMPBELLTOWN INTERCLUB CAMPBELLTOWN ATHLETICS TRACK	 DECEMBER 19 ALBIE THOMAS MILE THE CREST ATHLETICS CENTRE

Please note -The 2020 NSW All Schools Championships will be delivered over two weekends. 12-14 Year age-groups to compete from Friday 27th – Sunday 29th, November and the 15-19 Year age-groups to compete from Friday, 4th - Sunday, 6th December, 2020. There are no qualifying entry requirements apart from being a high school student.

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. A number of our Seniors compete each Saturday afternoon down at Mowbray Park.

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 seasons 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 2020/21?

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 & under as well as Government concession card \$160



RYDE SENIORS FUNDRAISING EVENTS FOR 2020/21

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 few 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 the Oceania Athletics Championships.

This season our fundraising ability has already been cut back by Covid with the cancellation of Blackmores Marathon. We have however been given a **Bunnings BBQ at their new Gladsville store on Sunday 22nd November** and will welcome any offers of volunteers to help us.

For the Bunnings BBQ @ Gladsville we will run 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 the time flew and it was a great way to raise funds. It is our biggest fundraiser and we do need lots of help to keep serving those sausages right throughout the day. We hope to have lots of helpers out again this year.

If you can help at the Bunnings BBQ we'd greatly appreciate an hour or two of your time. Chloe Davis will shortly send out emails/rosters calling for help but feel free to email lbergfield@hotmail.com to let me know if you can help at this event. A few hours each season isn't a big ask and your time can really help to support our Club.

Shout out to Rory Davison for a speedy recovery from all of us at Ryde

One of our break-out stars of last season, **Rory Davison, (at right)** is recovering from surgery last month after sustaining ACL and muscle damage from a heavy knock to the knee during winter rugby. The extent of Rory's recovery and rehab will see him sidelined for this athletics season.

From all of us here at Ryde, we'd like to wish Rory all the best for his rehab and recovery and look forward to seeing him back out on the track and in the field next season.





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. You can also compete at interstate championships, and many of our athletes compete at the ACT State Championships. [Click here for the ACT calendar](#). Due to current Covid restrictions not all States have their events up as yet. I suggest you check in with their websites in a few weeks.

Major events that you can compete in this season;

The Athletics NSW Club Championships. Last year we entered three teams and our U14 boys came home as State Champions and our U14 and U20 girls both won silver. This year it is scheduled for **7th November at SOPAC**. It requires a small team of athletes who between them, can jump, throw, sprint, hurdle and cover middle distance.

The NSW All Schools Championships, as a result of Covid restrictions will be held over two weekends. The 12-14 Year age-groups will compete from **Friday 27th – Sunday 29th, November**, and the 15-19 Year age-groups will compete from **Friday, 4th - Sunday, 6th December, 2020**. This event is open to all high school students. Due to Covid restrictions the Australian All Schools Championships has been cancelled this year but competing at the NSW will give you an opportunity to qualify to compete at the 2021 Australian Junior Championships. Last year at the 2019 NSW All Schools, we had over 30 athletes compete, 5 qualified to represent NSW at the Australian All Schools and our medal count was 4 gold, 4 silver and 6 bronze medals.

The NSW State 3000m will be held at the SOPAC warm up track on **Saturday 21st November**. There are various graded races run over the evening and it is a good way to challenge yourself above club level and potentially achieve a national qualifying time.

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 are usually run in November but due to Covid were not run. There is a chance they will be run in the second half of the season depending on whether Covid rules ease. 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. Last season Ryde teams came home with two gold, 4 silver and five bronze team medals.

Other events we hope will be run in the new year include;

The NSW Combined Event Championship – This is the NSW qualifying event for the **Australian Combined Event Championships** and the ANSW event is usually held in January. It is similar to the Multi event run by Little Athletics.

The NSW Junior Athletics Championships are usually held in February 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 2021 are eligible to compete at the NSW Juniors. Last year our Ryde Senior athletes won ten gold, four silver and six bronze medals at the State Championships.

The Australian Championships – to make the NSW team for these championships you either need to place 1st, 2nd or 3rd at either NSW All Schools or NSW Juniors or achieve a national qualifying time, height or distance. [The 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 2020/21 Standards should be out in the next few months but based on previous seasons, the 2019/20 Standards will give you a reasonable idea of as to what they will be. Last year we had 23 Ryde Seniors qualify to compete at the Australian Championships.

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 more club based events, you pay on the day when you compete. Further details will be found for each event on the [ANSW website](#).

You will need to collect your Seniors numbers (patches) from the first ANSW event that you go to as these are the numbers you will have to compete in. Apart from that, you just compete in your Ryde uniform.

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. The first day will be held on Sunday **15th November**.

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.

WHO TO CONTACT?

Please contact **Simon Bergfield** on 0413 845 149 or sbergfield@hotmail.com for more information on membership and **Ross Forster** on 9801-4407 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

Have a great season.

Best of luck to all our athletes sitting the HSC over the next few weeks. We hope all your hard work pays off.

Ryde Senior Division Club Championships

Sunday 15th November Dunbar Park.



On Sunday the 15th November the Senior's Division of the Ryde Athletics Centre will be holding Part 1 of the Centre Championships at Dunbar Park and all athletes registered as a Senior with Ryde athletics are invited to participate. Come along and have a crack at the Senior records.

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

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

The first event will start at 9.15am. It's a relaxed morning where all the groups compete at the events at the same time and encourage each other on. We will run the competition under Covid Rules so will appreciate you following any health requirements we set for the day.



*Please note we have no "hill sitters" at Senior's Day. As we are usually only a small group, all parents are required to move around with the group and help out at events. Also note that **only** **ANSW registered athletes** will be able to compete this year under the Covid guidelines that ANSW has provided for club competitions. If you are not registered then we will not be able to let you compete.*

The Sydney Olympics – 20 years on

There has been lots in the media of late as we celebrate the 20th Anniversary of the best Olympics ever.

A look at some of the articles shows that many Ryde members were involved in delivering those Games and some of them are still working hard in athletics all these years later. Below are some extracts from the ANSW Website & Facebook as well as some information provided by our members

Betty Moore – Ryde Life member and Club Patron

“My job in the Call Room was to call athletes from the warm-up area underneath the grandstand at the main track and send them to the officials who would take them out onto the track to compete in their event.

“How fascinating to watch the different nationalities as they made their way into the Call Room. You could tell the USA team was on their way by the noise level which preceded them; the Germans were tight-lipped and very stern, the Brits were also quite noisy, but in a much more contained way, although they did rival the Americans in the weight of gold chains around their necks. The Spanish team was brash, rude, and very unwilling to obey any request they were given, mainly they claimed, because they did not understand, despite the many languages we tried to talk to them in. The Russians were focused and unsmiling, many of the athletes were completely overawed, but the pick of the bunch were the African athletes, who were quiet, unassuming, very self-contained and greeted everyone with a shy smile.”

For athletics there were 200 technical officials and 40 of them came from NSW. As well as Betty, **Alan Mills** was a track Official Umpire and both **Ross Forster** (below fourth from left) and **Bruce Brown** (both Ryde Life members), were Call Rooms Official Judge.





Above centre of the front row is Ryde Life member **Andrew Atkinson-Howatt** pictured with his co-volunteers who worked at the throws training venue at the Blacktown Olympic Centre. Below Andrew is pictured with Voldomars and Janis Lusis from Latvia. Janis set two world records in javelin and won three Olympic javelin medals – Bronze in Tokyo (1964), Gold in Mexico (1968) and Silver in Munich (1972). He coached his son Voldomars in the javelin at the Sydney Olympics.



At right Sydney Paralympics dual gold medallists **Amy Winter** seen here running in Ryde colours in 2000 when Ryde won the Open Women's 4x100m for Ryde at nationals.

Ryde Athlete, dual Gold medallist, Amy Winter

"A leading NSW athlete was a country girl from Kempsey, Amy Winters, she would win the T46 100m/200m double.

She had won double gold at the 1998 World Paralympics Championships and was a home-town favourite.

Amy Winters' reflections on the leadup:

"I look back on the whole Sydney 2000 experience with incredible memories. I had moved to Sydney on my own as an 18-year-old in 1997 and was keen to soak up as much of the Games experience that was on offer. Even though this would be my second Paralympics, this was my first four-year training block targeting a Games. I started training with Colin Wright and from the very start, our goal for Sydney was to win the 100m and to defend my title in the 200m. Nothing else mattered except that goal."

