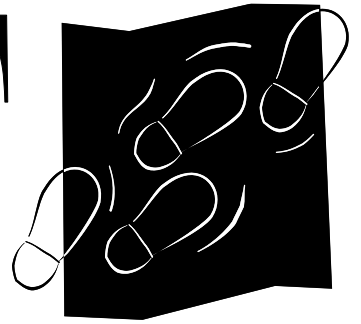




FOOTPRINT



Senior Division November 2020

RYDE ATHLETICS CENTRE INCORPORATED
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Above and below our U18 Female and Under 18 Male team members for the four teams we entered for ANSW Club Championships. More inside on how the teams went. Absent from the photos are Caitlin, Adam & Ashton.



Athletics NSW 2020 Club Championships

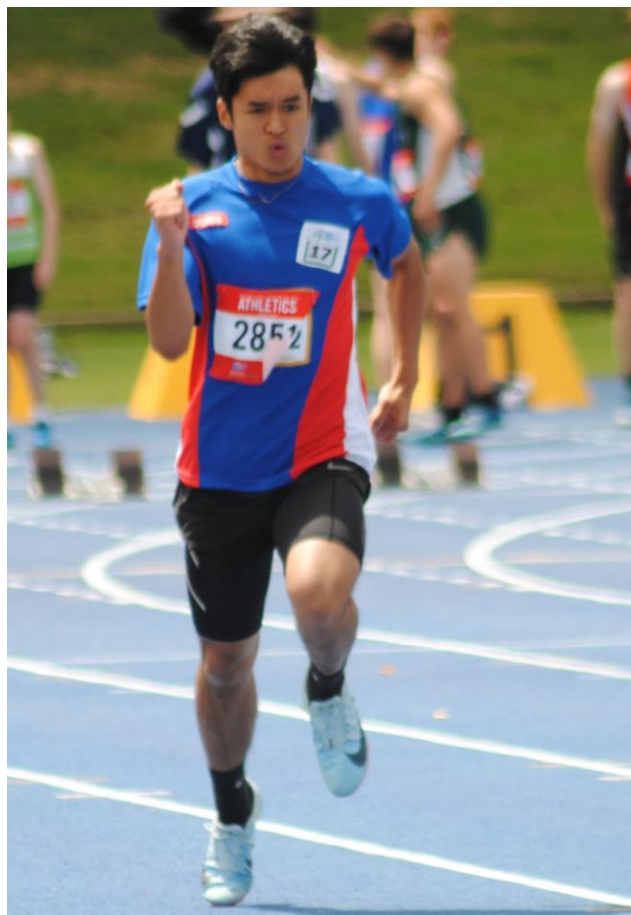
On Saturday 7th November four Ryde teams competed at the Athletics NSW Club Championships held at the Warm up track at Homebush.

The Club Championships was a much scaled down version this year in terms of events offered and instead of three junior age groups, only offered U18's. Still our athletes rose to the challenge and we fielded two boys and two girls including many aged only 12, 13 and 14. Ryde had two teams running in the male and female event. This was a huge competition with 58 teams competing across the Boys and girls U18 events

First out on the track were our sprinters in the 100m. **Aliana Moala** ran in the very first heat and got us off to a great start when she ran second in her heat and 18th overall in a field of 45 runners and secured a season's best time of 13.47s.

Kaitlyn Martin was off next. Kaitlyn, 13, using blocks for the second time ever, powered home in a personal best time of 14.05s placing 8th in one of the fastest heats of the day and 33rd overall.

Maddison Duncombe (below) and **Sophie Kavanagh** both ran in the final heat with Sophie stopping the clock at 13.61sec for fourth in the heat (22nd overall) and Maddison was 7th in a personal best time of 14.02s for 32nd place overall.



Lance Joseph David (above) was competing in his first ANSW event and ran just outside his PB to finish with 12.54s to place 7th in his heat and 33rd overall in a massive field of 69 U18 100m sprinters. **Owen Chandler** (below) along with



Jeremy Plummer, ran in heat five. Jeremy stopped the clock at 12.31s for 5th place and 27th overall. Owen ran a personal best time of 13.05s for 7th in the heat and 43rd overall.

Yayha Ali (below) at just 12 years of age, had the longest wait, before running in the seventh heat to also register a personal best time of 13.05s for 6th in the heat and 42nd overall.



In the field the Women's long jump was underway. **Alyssa Lowe** competing in her first event of the season after time off with injury, took the lead with her first jump. Alyssa then jumped further each time - 5.69m, 5.79m, 5.89m to comfortably win the event. So good was Aly's jump that she would have placed 2nd in the Open Women's competition held later that night.

Jess Johnston at just 13, was giving away a few years to most of her competitors. Jess showed a cool head when after two fouls she went for a safety jump to ensure her team would get points, landing in the pit at 4.06m and 20th overall.

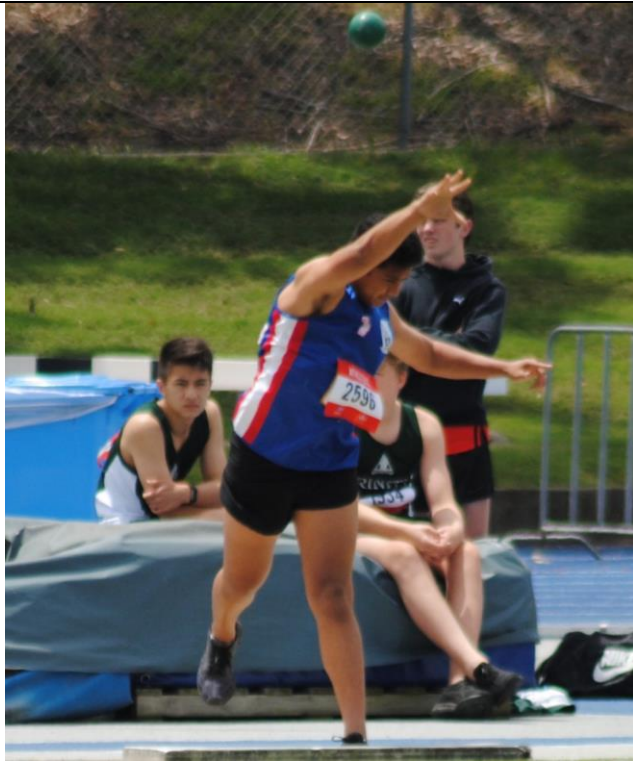


Above Alyssa and below Jess



The men were out at the shot put and **Angus Prentice**, taking part in his first ANSW event hit a new personal best by 55cm with his first throw of 9.41m. Angus placed 7th in his Pool and 16th overall.

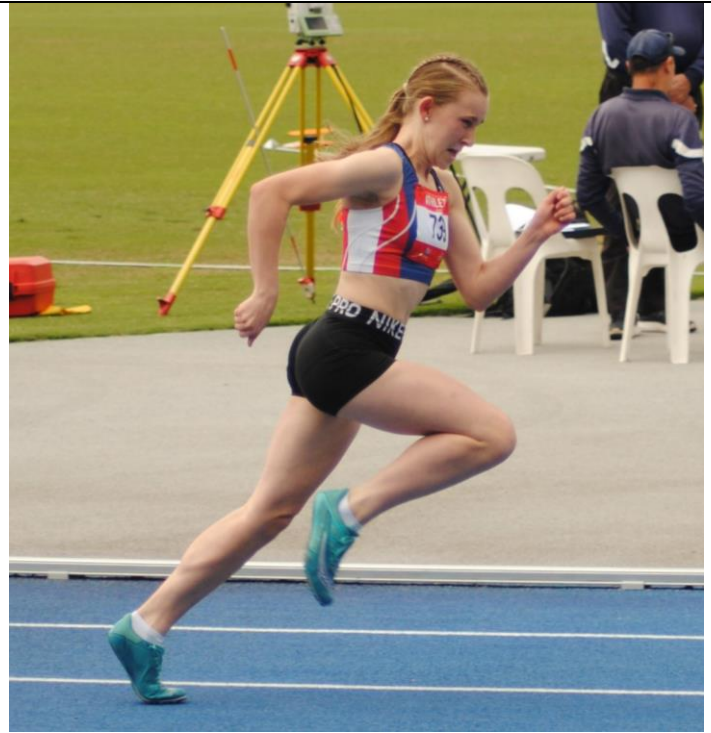
Down the other end of the field **Savi Moala** also achieved a personal best with his second throw of 9.47m. Savi was 9th in his Pool and 15th overall.



Above Savi & below Angus at shot put

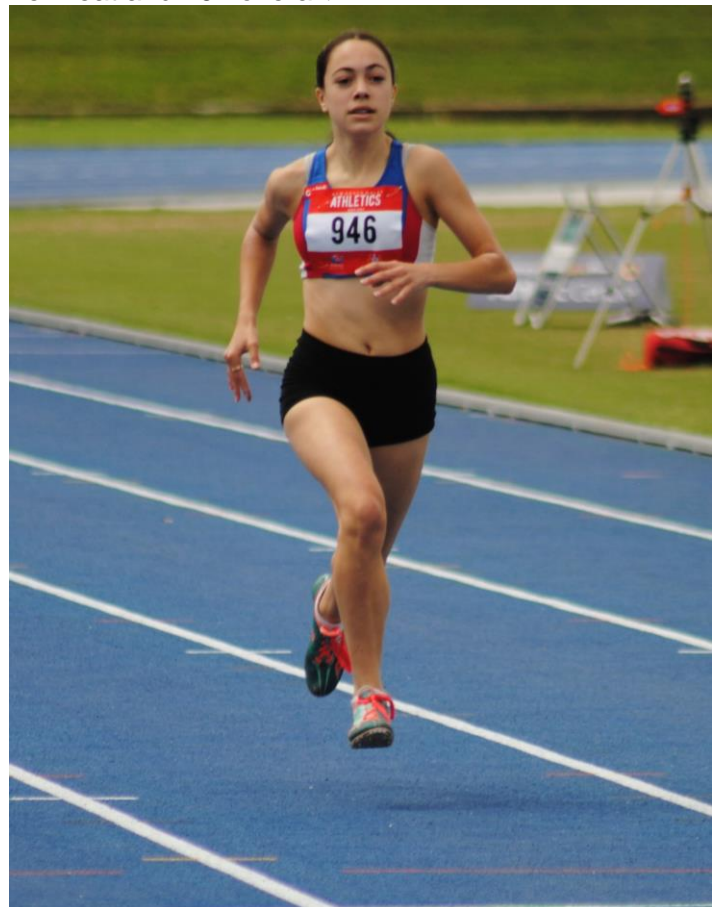


The Women's U18 400m saw two of our talented 14-year-old girls take to the track. **Ruby Worrell** had, the previous weekend, set a new Ryde Seniors Best Performance on record for a 14-year-old when she ran 56.67s at Sutherland Interclub Championships. Into a fierce headwind up the final straight, Ruby ran unchallenged in her heat, to finish with 56.79s and 4th place overall.



Above Ruby & below Krishani

Krishani Coffin is one of those team athletes who will always step up for any spot you ask her to fill, be it a throw, a jump or a run, and this saw Krishani take on the 400m. Krishani crossed the line in an almost 4 second pb to finish in a time of 66.04s o place 5th in her heat and 19th overall.



Joe Harvey, 14 had his first run of the season and was chasing the U17 2019 400m Australian Champion in his heat! Joe finished second in the heat in a near personal best time of 55.45s and 14th overall.



Jack Baker (top right) had set a new personal best time in the 800m at the Bankstown InterClub Champs on October 24th and was having his first hit out at the 400m. At the 200m mark, Jack running in lane 8 had been caught by the two runners beside him but in a display of a power run up the home straight, Jack took off to win his heat in a new personal best time of 52.66s. Jack was our third top ten finish of the afternoon when he placed 6th overall in the 32 strong field.

Both our Men's long jumpers were in the same pool. **Jeremy Plummer** (at right) after a long winter rowing season, was having his first long jump of the season and finished just off his personal best when his second-round jump of 5.85m secured him 4th in his Pool and 9th overall.

Owen Chandler at just 13, was our second youngest athlete of the day and jumped just short of his personal best when he landed a third-round jump of 5.19m to take 11th in his Pool and 19th place out of 31 jumpers.



Ryde has always had a strong middle-distance contingent of runners and it was really disappointing that the make-up of the teams meant we could only field one middle distance runner per team.



Georgia Phillips, 13 was coming off a strong cross-country season and ran in the first and fastest heat of the Women's event. Georgia stuck with the front pack for the first couple of laps. Georgia finished 7th in her heat and 12th overall crossing the line just outside her pb with a time of 5m 01.08s.

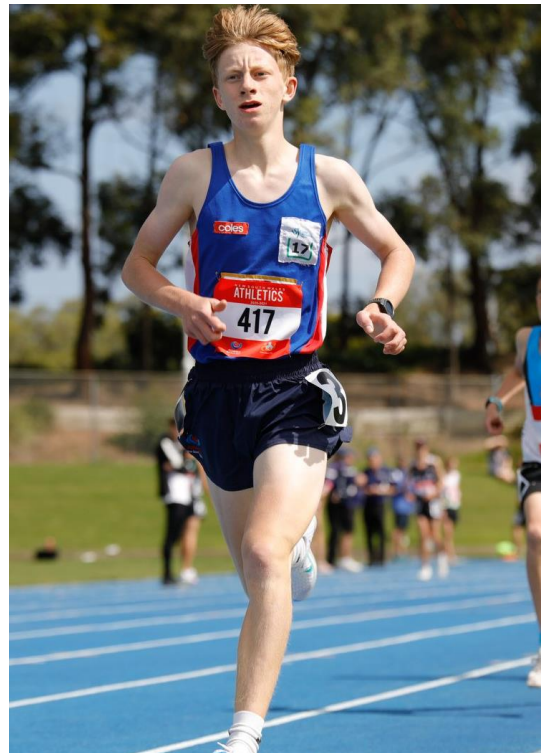


Zara Warland in her first ANSW competition of the season, ran a really strategic race, tucking herself in behind the lead three runners for the first couple

of laps. Zara lifted her speed on her final lap to shake off some opposition and cross the line in 3rd place and the 7th fastest time overall in a new personal best time of 4m 54.37s. This was a huge improvement for Zara whose previous best was 5m 09s and will give Zara a confidence boost ahead of the upcoming 3000m State Championships.



Ashton Hanna (below) has only recently had surgery to remove some plates and screws from his hand but was keen to hit the track and crack 4m 30s in the 1500m. Ashton ran with the front pack for all of the race and finished fifth in his heat in 4m 29.56s to place 14th overall.



Adam Bruntsch has been in stellar form this season including running a pb in the 800m only two weeks before at Narabeen of 1m 57.5s. Adam ran a brilliant race in what was a two-man duel right to the finish line. When they rang the bell, Adam was in front by just .22 sec and over the final lap and even up the straight, the lead changed a number of times. Adam's superior finish saw him take first place in a new personal best time of 4m 03.37s. Adam's final lap had been a scorching 62.77sec. Adam was Ryde's second top place of the afternoon.



Adam grits his teeth up the home straight to take the win.

Our female shot putters were both doing well. **Jess Johnston** (below) showed remarkable consistency with three throws of 10.19m, 10.20m and 10.20m to place 5th in her pool and 12th overall.



Caitlin Waldron (top right) was really pleased with her third-round throw and season's best throw of 10.84m to finish 2nd in her Pool and 7th overall.



The 4 x 100m relays were the final event of the afternoon. First team out were **Krishani Coffin, Jess Johnston, Kaitlyn Martin and Maddison Duncombe**. Krishani bolted out of the blocks and passed to Jess who ran a strong back straight. Kaitlyn (below with Maddie) ran an excellent bend leg and handed to Maddie who brought the team home in a time of 53.76sec. The girls were 3rd in their heat and 13th overall.



Our second team out was **Aliana Moala, Ruby Worrell, Sophie Kavanagh and Alyssa Lowe (below)**. A fumble at the first exchange saw the baton hit the ground. Nevertheless, Ruby picked it up and ran on. All four girls gave their best but unfortunately were disqualified.



The first boys team saw **Yahya Ali, Sami Moala, Owen Chandler, and Angus Prentice** hit the track. All four boys ran strong legs and Angus brought the team home crossing the line in 50.80sec for 6th in the heat & 20th overall. The final race saw **Jack Baker, Lance Joseph David, Savi Moala and Jeremy Plummer** cross for 4th in their heat and 13th overall in the fast time of 47.88sec.



The team of Aly, Aliana, Caitlin, Georgia, Sophie and Ruby placed 8th overall and Jess, Kaitlyn, Maddison, Krishani and Zara were 18th. In the boys



Jack, Adam, Lance, Jeremy and Savi finished 11th and the team of Angus, Sami, Yayha, Joe, Owen and Ashton were 19th out of 35 teams.

Below Boys relay team of Savi, Lance, Jack & Jeremy.



Below three of our talented U15 girls Krishani, Maddison & Kaitlyn



Day One of Senior Division Club Championships

Twice a season we hold a Senior Division Club Championship Day where athletes can come and try new events and compete to break the Seniors Records. We had a small but enthusiastic crowd of athletes and parents on Sunday 15th November who moved around the field and track as they competed and cheered each other on.

Hat's off to newcomer to Seniors, Luke Moscos, who competed in every event of the day.

Well done to all our record breakers Jess Johnston U14 hammer throw NR 36.27m (OR 22.52m), Caitlin Waldron U16 hammer throw NR 25.49m (OR 19.74m), Lachlan Waldron U13 discus throw NR 33.13m (OR 31.93m), Robert Hanbury-Brown Vet 60+ High Jump 1.25m NR (1.21m OR) & discus 38.64m (OR35.85m), Brendan Mannasz U16 High Jump NR 1.85m (OR 1.70m), Luke Moscos U12 High Jump NR 1.35m (OR 1.32m), Joshua Smith U12 400m NR 62.4 (OR 67.2)

RYDE ATHLETICS CENTRE – SENIORS DIVISION DAY 1 – 2020-2021 SEASON

Men's Results								
Age	Name	100m	400m	1500m	LJ	HJ	Discus	Hammer
U18	Adam Bruntsch			4:32.0s				
U18	Ashton Hanna			4:57.0s				
U13	Lachlan Waldron	15.4s	80.7s		3.98m	1.15m	33.13m R	18.02m
U12	Joshua Smith	13.8s	62.4s R		4.23m		22.98m	16.49m
U12	Luke Moscos	14.8s	68.9s	5:06.0s	3.73m	1.35m R	15.57m	11.75m
U16	Brendan Mannasz					1.85m R		
U13	Axel Bruntsch			5:08.7s				
U12	Ben Lawrence	16.10s	92.4s		3.53m	1.20m	20.32m	11.99m
Vet 60+	Simon Bergfield				3.66m		28.34m	
Vet 60+	Robert Hanbury-Brown					1.25m R	38.64m R	38.14m
Vet 60+	Andrew Atkinson-Howatt						33.07m	29.68m
Women's Results								
Age	Name	100m	400m	1500m	Long Jump	High Jump	Discus	Hammer
U16	Elli Barron			5:21.4s				
U15	Claudia Wilson			5:21.7s				
U16	Caitlin Waldron	16.9s			3.14m	1.20m	28.61m	25.49m R
U14	Kaitlyn Martin	14.0s	71.2s		4.46m	1.35m	14.31m	13.50m
U14	Jessica Johnston	14.7s			4.50m	1.50m	23.23m	36.27m R
U13	Zara Pawsey	14.8s			4.25m		14.60m	7.28m



Above Ashton, Adam, Axel, Claudia, Luke & Elli out in the 1500m



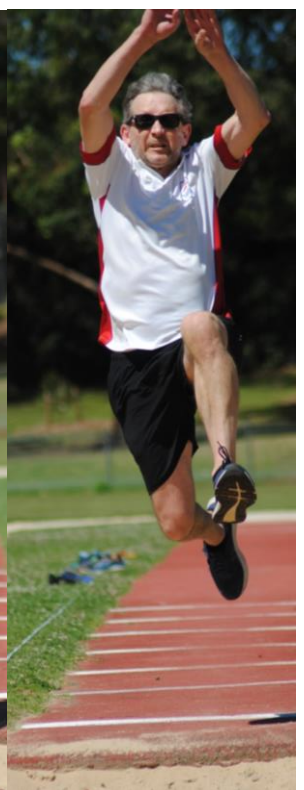
Above Robert, Zara and Luke throw the hammer. Below Andrew, Caitlin & Jessica. Caitlin & Jess set new records



Above Caitlin, Zara, Kaitlyn and Jess out in the 100m



Luke, Josh, Ben and Lachlan in the 100m . Middle Caitlin, Lachlan, Ben and Simon. Bottom Kaitlyn & Zara





Above Robert, Lachlan and Ben. Robert and Lachlan set new Club records. Below Kaitlyn & Robert and Luke. Robert & Luke both set High Jump records.





Brendan on his way to a 10cm PB and new U16 HJ record of 1.85m. Brendan has added an amazing 20cm to his personal best high jump in the past twelve months.



Above Ben and Lachlan at high jump. Joshua smashed the U12 400m record by nearly five seconds.

Results from other ANSW Events

ANSW is offering lots of competition around Sydney, some mid-week, some Friday nights and some on weekends. A number of our athletes have been out and about competing at those events. For more information on when and where go to the [ANSW Calendar](#).

The Nepean Interclub competition was held at Blacktown on Saturday, 17th October and we were represented by 4 athletes.

Jessica Johnston competed in the Mixed Hammer

throw event and placed 11th with her personal best throw of 35.82 metres. In the Mixed Long Jump event Jessica placed 5th with her leap of 4.34 metres.

Ruby Worrell competed in the Open Women's 100 metres event finishing in overall 26th place with her time of 12.76 seconds (0.0 metres wind reading). In her 200 metres event Ruby placed 20th overall with her time of 26.08 seconds (-0.7 metres wind reading). These times were only .02s and .04s off National qualifying times so a great start to the season for Ruby.

Adam Bruntsch placed 7th overall in the Open Men's 3000 metres event in a personal best time of 9 mins 04.80 secs.

Ashton Hanna finished in 20th place overall in the Open Men's 3000 metres event in a personal best time of 9 mins 46.91 secs.

The Bankstown Interclub competition was held at The Crest on Saturday, 24th October and we were represented by 4 athletes.

Jack Baker placed 10th overall in the Open Men's 800 metres event with a personal best time of 2 mins 08.47 secs.

Oliver Smith finished in 24th place overall in the Open Men's 800 metres event with a personal best time of 2 mins 18.60 secs.

Adam Bruntsch won the 2000 metres Steeplechase event with a personal best time of 6 mins 17.34 secs. This event was held over the maximum barrier height of 91.4 cms.

Jessica Johnston placed 12th overall in the Mixed Javelin event with her personal best throw of 34.56 metres.

The Sutherland Interclub Meet was held at the Sylvania Waters Athletics Track on Saturday, 31st October and we were represented by 3 athletes.

Oliver Smith competed in the Open Men's 1500 metres event and recorded a personal best time of 4 mins 38.54 secs.

The Sutherland Interclub Meet was held at the Sylvania Waters Athletics Track on Saturday, 31st October and we were represented by 3 athletes.

Oliver Smith competed in the Open Men's 1500 metres event and recorded a personal best time of 4 mins 38.54 secs.

Julian Smith competed in the Open Men's 1500 metres event and recorded a personal best time of 5 mins 21.58 secs.

Ruby Worrell placed 3rd overall in the Open Women's 400 metres event in both a personal best time and Club Record time of 56.67 seconds.

On Friday evening, 30th October the Sydney Milers Series was held at Narrabeen and we had 1 participant there.

Adam Bruntsch competed in an 800 metres event and recorded a huge personal best time of 1 min 57.5 secs. He had gone there in the hope of breaking the 2-minute barrier and he certainly did that!

At the Sydney Milers Club III Meet held at the Crest on the 3rd November, Ryde was represented by two athletes.

Sophie Gocher won the Women's 3000m Steeplechase in a time of 11m 17.5sec.

Jack Baker ran in the 800m C Race and recorded his second 800m personal best run of the season when he stopped the clock at. 2m 07.30s,

The IBS InterClub Championships were held the Kerry McCann Track at Woolongong on Sunday 15th November and we were represented by **Tim Forster**.

Tim had a terrific first season meet. In the Open Men's 100m Tim finished 4th in his heat and 43rd overall in a personal best time of 11.75sec. This is the fastest time that any Male Ryde Athlete has run over at least the last two seasons and Tim has just turned 15.

Tim also competed in the 110m Hurdles (91cm) where he placed second in a personal best time of 15.54s. This time is well below the national qualifier that Tim was chasing for the 2021 Australian Juniors of 17.24s.

Northern Zone Results for the season

At Rotary Field down on Mowbray Road, the Northern Zone Athletics is run almost every Saturday afternoon by UTS Norths. A number of our Athletes have also been regularly attending those afternoons.

If you have been out of athletics for a few season and are looking for a meet to start getting back into the sport, then Northern Zone might be the more relaxed form of competition for you.

On the 26th September Ryde was represented by **Ron Wills** who ran in the 80+ 400m dash and finished in first place in a time of 1m 59sec. Ron

also competed in the 1500m where he was again the winner in a time of 9m57.4 sec.

On the 3rd October Ryde was represented by 2 athletes. **Sue Gore** won the Women's 50-59yrs 3000m and ran a time of 19m49.1sec. Ron Wills had a busy afternoon running second in the 80yrs+ 200m in a time of 45.6s, 1st in the 800m in 4m 38.4sec and 1st again in the 3000m in 21m 30.3sec.

On the 10th October Ryde was again represented by Sue and Ron. Sue won the women's 50-59yrs walk in a time of 18m 38.4s. Ron was 2nd in the 80yrs+ 400m in a time of 1m 49.1s and again first in the 1500m in 9m.44.8s.

On the 17th October Sue won the Women's 50-59yrs 3000m in a season's best time of 18m 27.3sec. Ron ran a season's best 44sec flat in the 200m and 4m 25.8sec to win the 800m.

On the 24th October Sue finished the 3000m Walk in a time of 18m 35.0s and Ron stopped the clock at 9m 59.1sec for the 1500m.

On the 31st October Sue finished the 3000m in first in 18m 39.4s. Ron won the 200m in a time of 43.2sec, another season's best and 4min 32.7s in the 800m.

On the 7th November Sue competed again in the 50-59yrs 3000m walk in a season's best time of 18m 06.4sec and Ron ran 1m 49.5s for the 80yrs+ 400m and 9m 50.4s for the 1500m.

On the 14th November Ron finished the 200m in 44.2sec and the 800m in 4m 37.3sec. **Robert Hanbury-Brown** was warming up for Club Championships, the next day and finished 2nd in the 60-69yrs shot put with a throw of 9.81m and 2nd again in the discus with his best throw of 34.85m.

All the best to our competitors at the 3000m Championships this Saturday night at SOPAC – Adam B, Ashton H, Claudia W, Elli B, Georgia P, Julian S, Oliver S, Sophie G and Zara W.

Good luck too to all our athletes competing at the upcoming ANSW All Schools Track & Field Championships. If you haven't registered yet it's not too late. Go to ANSW for further information.

Please send photos for our next Footprint from either event.