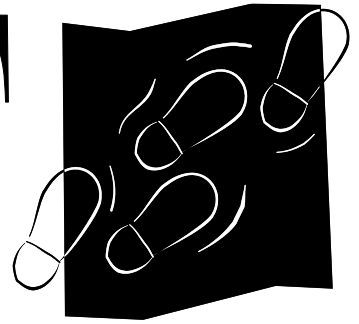




FOOTPRINT



Senior Division Edition December 2020

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

The NSW All Schools - 5 Gold, 9 silver, 6 Bronze

Congratulations to our Ryde Senior athletes who competed at the Athletics NSW All Schools Track and field Championships. We had 41 Ryde Senior athletes registered to compete across 98 events over the four days in what was the biggest NSW All Schools in years. All Schools Athletics Championships in Perth in December.

One of the highlights of the meet was **Ruby Worrell** setting a new NSW All Schools record for the 14yrs 400m time of 55.35sec. Ruby also finished with bronze in the 14yrs 200m.

Congratulations to all our other medallists
Alyssa Lowe- Gold 17yrs Long Jump, Silver 100m H

Mia Marshall – Gold 14yrs pole vault

Adam Bruntsch Gold 16yrs 2000m Steeplechase & bronze 1500m,

Aidan Mannasz Gold 15yrs Pole Vault,

Nathan Barbara Silver 12-15yrs PARA discus & Shot put.

Jess Johnston Silver 13yrs Discus, Bronze 13yrs Javelin & shot put,

Joe Harvey Silver 14yrs 400m,

Lachlan Waldron Silver 12yrs javelin

Yahya Ali Silver 12yrs 100m

Brendan Mannasz Silver 15yrs Pole Vault,

Ashton Hanna Silver 16yrs 2000m Steeplechase

Jeremy Plummer bronze 15yrs Triple Jump

Claudia Wilson bronze 14yrs 2000m Steeplechase.

10 Ryde Senior Athletes named in NSW All Schools merit team

As the Australian All Schools was cancelled this year ANSW has still announced a NSW merit team which are the athletes who would have qualified to go to the Australian All



Schools. 10 Ryde Seniors made the NSW merit team.

Congratulations to –

Ruby Worrell & Joe Harvey (U16 400m), **Aly Lowe** (U18 long jump & 100m Hurdles) **Mia Marshall** (U16 Pole Vault), **Adam Bruntsch & Ashton Hanna** (U18 Steeplechase), **Aidan Mannasz & Brendan Mannasz** (U16 Pole Vault), **Jess Johnston** (U14 discus), **Nathan Barbara** (U16 PARA discus & shot put)

NSW All Schools Track and Field Championship

The NSW All Schools Track and Field Championships were held at SOPAC from the 3rd to the 6th December and Ryde Seniors had 41 members on the Start lists.

We had four athletes out on the track and in the field as Thursday's competition began. **Lachlan Waldron** in the first of his four throw events over the Championships was competing in a new event for Lachlan, the 12yrs hammer throw. Lachlan placed 5th in State with a best throw and Ryde Best performance on record of 19.26m in the fourth and final round.

Mia Marshall (*below*), after winning bronze at the Australian All Schools last year was having her first Pole Vault competition of the season, defending her title from last year's All Schools. Mia's jumped 20cm further than her NSW All Schools 2019 result and finished just outside her competition best performance with a clearance of 2.50m to successfully reclaim her title beating 2nd place by 20cm.



On the track **Annabel MacDonald** (top right) and **Alicia Leggatt** were both competing in the qualifying heats of the 14yrs 200m Hurdles. Annabel placed 4th in her heat in a time of 34.57s and was 14th overall and Alicia was 8th in her heat in 39.96s sec and 24th overall.

Nicholas Woodhouse was our first boy out on the track and he was also competing in the 14yrs 200m H. Nicholas ran a time of 31.21s to place 5th in his heat and 16th overall.

Alicia Leggatt was back out on the track in the afternoon, this time in the 13yrs 800m heats.

With 37 on the start lists this was one of the biggest fields of the weekend. Alicia finished 10th in her heat in a time of 2m 53.42sec.



The 15yrs Boys Triple jump saw two of our talented jumpers take to the field. **Jeremy Plummer** in his first NSW All Schools competition, jumped 12.26m in the first round which was good enough to secure him the bronze medal from there on in. Jeremy was able to improve on that jump, in the fourth and final round when he leapt out to 12.53m. **Aidan Mannasz**, in his first of two events on Thursday, also landed his best jump in round four to take 6th place with a leap of 12.05m.

Our next two athletes, **Ella McGregor** and **Charlotte Nagle** were making their All Schools debut in the 12yrs Triple Jump. Both Ella and Charlotte improved on every jump they did in the three rounds with Ella's best jump measuring 6.58m to place 19th in State and Charlotte leapt out to 8.65m to place 13th.

The **Mannasz** boys, **Aidan and Brendan** were to have both made their national debut in the NSW team for the ultimately cancelled 2020 Australian Junior Championships, Brendan in the High Jump and Aidan in the 200m Hurdles. Here though, Brendan and Aidan were taking on a new and challenging event, the Pole Vault. In a Ryde 1,2 placings, Aidan finished with completely clear rounds and a final clearance of 2.60m to take Gold and Brendan vaulted 2.40m to place second. Aidan set a new Ryde best performance

on record for 15yrs pole vault, and Brendan equalled the old one which was set in the 1983/4 season by current Ryde Little Athletics U17 Girls Age Manager, Glyn Henman.



Above Aidan and below Brendan



Joe Harvey (at right) and **Oliver Smith** were out next, two of our talented 800m runners. In his heat of the 14yrs 800m, Joe was third on the bell but accelerated away to take first in a time of 2m 05.61sec to qualify as fastest for the final. Oliver, in his first of three middle distance events over the



Above Silver for Brendan and Gold for Aidan

four days, was sixth on the bell put picked up two spots to finish in a personal best of 2m 11.92s to place 4th in his heat for 10th overall and just miss a final's spot by .12sec.

Jessica Johnston was to be our busiest athlete of the Carnival, entering all seven field events. Jess was first out in the field in the 13yrs Triple Jump where her third round jump of 9.53m earned her 17th place in a massive field of 30.



Caitlin Waldron, who set a new Club record in the hammer at our Club Championships a few weeks ago was competing in the first of her four throw events, the 15yrs Hammer throw. Caitlin's new personal best throw of 28.49m was in the final round and earned her 6th place in the State. The throw was an almost 6m improvement over her throw at NSW All Schools 2019 and bang on three metres more than she threw at Ryde Club Championships.

Two weeks prior to All Schools at the Athletics NSW 3000m State Championships, **Zara Warland** (below) ran a huge personal best time and two weeks earlier than that had shaved around 15 secs off her best 1500m. So, Zara was coming into All Schools with some good performances under her belt. Her first event at All Schools was the 800m and Zara crossed the line in a season's best time of 2m 23.20 to place 5th in her heat and qualify for the final.



The 800m was **Amelie Sun's** first run this season after time off due to injury. Amelie ran 2m 24.41s to place 2nd in her heat and qualify for the final as well. **Anastasia Lakic** (top right) was our third runner out on the track in the 16yrs 800m and finished with a time of 2m 32.49s to place 6th in her heat and 11th overall.

Jack Baker has been firing off some cracking PB's this season in both the 800m and the 400m events. In the heats of the 16yrs Boys 800m with 37 boys registered, Jack finished 5th in his heat in another personal best time of 2m 06.32s and place 17th overall.

Jess Johnston (middle right) was out at her first throws event of the meet, the 13yrs hammer. After fouls in the first two rounds, Jess was able to



steady and get the hammer out to 28.23m in round three and improve that to 29.11m in the final round for 4th in the State.



At the 2020 NSW Junior Championships, **Max Mayhew** walked himself into his first NSW team at his first Athletics NSW event. Max showed he had retained his good form when he crossed the line in a time of 16m 49.50s, just outside his PB and well under the 2019/20 National qualifier to take home 5th place in the 13yrs Boys 3000m walk & a Ryde best Performance on Record for 13yr boy.

Owen Chandler has had a great season down at Dunbar, lowering his sprint times and adding a lot of distance to his jumps. In the 13yrs Triple Jump Owen's best jump was in round three and

measured 10.80m to give Owen (below) 5th place.



Claudia Wilson and **Elli Barron** go to school together and train together and here at All Schools they ended up running together. Claudia in the 14yrs and Elli in the 15yrs 2000m Steeplechase. Both girls had already run under the 2019/20 national qualifying times earlier in the year but this was to be their first Steeplechase of the season.

Elli ran a personal time of 7m 44.16sec to finish just out of the medals in 4th place in the 15yrs Final and Claudia finished with the bronze medal and a season's best in a time of 7m 46.30 in the 14yrs final.

Ashton Hanna and **Adam Bruntsch** were out next in the 16yrs Boys 2000m Steeplechase. Adam has had an outstanding season, setting many new marks for himself as well as two new Ryde Little Athletics U17 records. This was Adam's second steeplechase run of the season having run a new personal best time of 6m 17.34s in Bankstown in October. Adam smashed that personal best when he finished first in a time of 6m 06.08sec. Ashton's season has also been marked by improvements in his personal best times and he finished in 2nd place to give Ryde a 1,2 finish when he raced to the line in a tight fight with third to stop the clock at 6m 29.26.s



Above Claudia and Elli. Below Adam & Ashton with their coach, Ross



At the end of the first day Ryde athletes had won three gold – Mia, Aidan & Adam, two silver – Brendan and Ashton and two bronze – Jeremy & Claudia for a great start.



Above Ashton and Adam out in the 2000m Steeplechase

Friday Morning our early bird starters were **Caitlin Waldron** at the 15yrs discus, **Owen Chandler** at the 13yrs Long Jump and **Zara Pawsey** at the 12yrs 200m heats, the first of our seven entrants in the 200m events.

Caitlin got her best throw of 31.48m in the 3rd round and placed 5th in the State. This was Caitlin's best throw in two years.

Owen who had jumped well at the Athletics NSW Club Championships couldn't quite find his rhythm this morning and finished with 4.41m to place 19th.

Zara (below) ran well to place 5th in her heat in a time of 29.06s for 13th place overall at State and a new personal best time in the 12yrs 200m.



There were 54 runners on the start lists for the 13yrs 200m and **Alicia Leggatt** was out for her third event of the meet running in heat 3 finished in a time of 31.39s for 9th place in her heat.

Aiden Wright was making his All Schools debut and after running some pretty fast times at Dunbar

this season Aiden placed 4th in his heat in a personal best time of 26.53s to advance to the final.



Above Aiden (left) had a great All Schools debut with a 4th and two 5th placings, one 2019/20 national qualifier and .02s off another.

Owen Chandler slipped away from his long jump event to finish in a personal best of 25.98s in the 13yrs 200m heats to take 2nd place in his heat and 19th overall in a field of 40 runners.

The 14yrs Girls 200m heats featured two of our athletes. **Elysha Pawsey** was competing at her first NSW All Schools and after a few injuries this season was running a light program at All Schools. Elysha finished in a time of 29.25s to place 7th in her heat.

Ruby Worrell convincingly won her heat of the 14yrs 200m in a personal best time and the third fastest time of the morning, 25.74s, to advance to the finals. This time was well under the U16 qualifier for 2019/20 so fingers crossed it doesn't change.

Zara Pawsey was out for her second run of the morning and was joined by her team mate **Ella McGregor** in the straight final of the 12yrs 800m.

In a great result for both girls, they each cut ten seconds off their best times at Ryde this season with Zara finishing in 7th place in a time of 2m 48.35s and Ella in 8th place in a time of 2m 58.00s.



Above Owen and below Ruby both ran in the 200m heats



Joe Harvey (below) had run a personal best in the heats of the 800m and further lowered that time to 2m 04.13s to take silver in the 14yrs Boy's 800m.

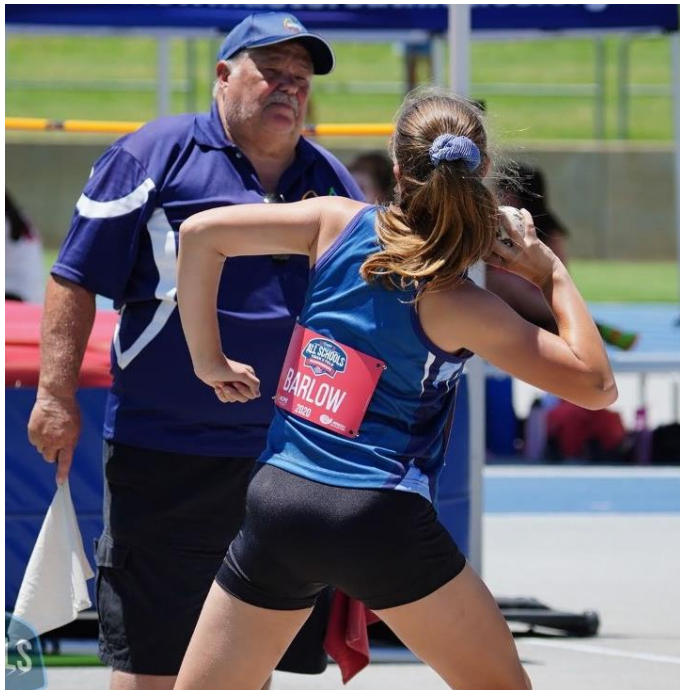


Zara Warland (below) continued her season's blitz on taking her personal bests to new levels when she stopped the clock at 2m 19.54s to finish just out of the medals in 4th place in the 16yrs 800m. **Amelie Sun** came home in a season's best of 2min 23.85s to claim 7th in State.



Lachlan Waldron was out for his second throw event of the meet the 12yrs boys shot put and got a best throw out in round two of 9.51m. Lachlan finished in 8th place overall.

Next out were **Jess Johnston** and **Claudia Barlow** who was making her first appearance at All schools in the 13yrs Girls Shot put. **Jess** threw a number of personal bests in the first three rounds. Before her final throw, Jess was 1cm off bronze before landing her first 11m plus throw in the final round to take bronze with 11.02m.



Claudia above and Jess below who secured the bronze on her final throw for a massive PB.



Claudia improved with every shot she putted to finish with her third best round throw of 7.54m, 70cm better than her best throw at Dunbar this season to place 21st.

Aiden Wright ran his second personal best of the morning when he finished just out of the medals in 4th place and a time of 26.38s in the final of the boys 12yrs 200m. This time is .06s under the 2019/20 qualifying standard for an U14 Boy so we'll keep our fingers crossed for Aiden that the 2020/21 times are the same. Both of Aiden's times broke Ryde's best performance on record for a 12yrs old.

Following on from Aiden, **Ruby Worrell** (below) also ran her second personal best time of the morning when she finished just .03sec off silver, with the bronze medal in the final of the Girls 14yrs 200. Ruby ran a new personal best time of 25.36s.



Maddison Duncombe (below) was out for her first of three events in the 14yrs Girls Discus event where Maddie's third round throw of 24.26m saw her take 13th spot.



Charlotte Nagle was our first high jumper for the Championships. Charlotte had had a best jump at Dunbar this season of 1.20m and went well clear of that when she had clean jumps at 1.20m, 1.25m and 1.30m. Charlotte then cleared on her third attempt 1.35m to finish with 11th place.

Lance Joseph David (top right)) got out some great runs for Ryde at the NSW Club Championships and was out on the track for the first of his three sprint events over the Championships, the 16yrs 200m heats. Lance finished 6th in his heat in a time equalling his best at Ryde this season of 24.33s to place 18th overall.

From Sprints to middle distance, next out was our four 3000m runners. **Georgia Phillips** was first out in the 14yrs. Georgia ran in the fastest and second heat of the timed final and finished 14th in her heat and 14th overall in a time of 11m 28.94s.

Elli Barron was out next for her second run of the Championships in the 15yrs 3000m and finished in a time of 11m 25.55s for 7th place in the final.

There were 43 starters in **Oliver Smith's** 14yrs 3000m and Oliver also ran in the fastest heat of the

two timed finals stopping the clock at 10m 01.95s to place 11th in his heat and 13th overall at State.

Ashton Hanna was our final runner on Friday night in the 16yrs 3000m timed finals. Ashton placed 13th overall in a time of 9m 40.59s.



On Saturday Ryde Seniors had 34 athletes on the start lists for another big day.

Maddie Duncombe was our first thrower of the day in the 14yrs Girls shot put and fired off her best throw in round one of 8.06m to place in the 14th Final.



Georgia Phillips (above) hardly had time to recover from her 3000m run the night prior before she was back out in the straight final of the 14yrs 1500m. Georgia finished in 9th place in 5m 04.91s.

Claudia Wilson (below) was also in the race for her second event of the meet following her bronze in the 2000m Steeplechase. Claudia finished in 5m 08.95s to place in 13th in the final.



Oliver Smith (below) again found himself in a big field in the 14yrs Boys 1500m heats. Oliver ran 4m 36.37s to place 7th in his heat, 11th overall and secure himself a spot in the final.



Nathan Barbara (above and below) was making his All Schools debut and was competing in three events over the Championships. Nathan competing in the shot put PARA 12-15 yr Boys, placed second with a best throw of 6.03m (48.09%) to take home the silver medal.



Lachlan Waldron was again out at throws, this time the boys 12yrs discus. After setting a new Ryde record at the Club Championships a few weeks prior, Lachlan managed a best throw of 31.22m in round two to place him 7th overall in the Final.

Yahya Ali and **Aiden Wright** have been pushing each other at Dunbar in the sprints each week and were now competing in bigger fields in the 12yrs Boys 100m heats. Yahya (below) crossed the line in a pb time & Ryde Best performance on record of 12.61s to place 2nd in his heat.



Aiden's (below) also finished in second place in his heat in a pb time of 12.89s for both our runners to advance to the final.



Above Jess with a new PB and silver in discus

Ashlee Hu & **Maddison Duncombe** followed the boys out in the heats of the 14yrs girls 100m. Ashlee ran home in 13.96s for 8th place in her heat and Maddie was just in front in 7th place in 13.83s.

Claudia Barlow and **Jess Johnston** again teamed up for the 13yrs discus. In a big field of 25 Jessica threw 33.43m in the first round to ensure she never fell less than in second place for the entire competition. After two foul throws, Jess improved

that distance to 34.07m in the final round for silver. Claudia also finished with her best throw in round three of 20.26m for 17th place.



Claudia above and Jess below



Caitlin Waldron had been in season's best form at the Athletics NSW Club Championships when she placed 7th in the U18's with a throw of 10.84m. In the 15yrs shot put Caitlin had her best competition ever when all four of her throws landed over the 11m mark and her final personal best throw of 11.95m earned her 6th place in the final.



Timothy Forster (above right) had certainly showed top form when he ran at the IBS interclub on the 15th November. In the 100m heats for the 15 years boys, Timothy placed 6th in his heat in a time of 11.93s

for 30th overall and a good warm up for his main event, the 110m Hurdles the next day.

Having finished with silver at the shot put **Nathan Barbara** next competed in the PARA 12-15yrs 100m event where he finished with a time 20.69s (59.21%) to place 5th in the final.

The final of the 12yrs 100m boys event was one of the rare occasions we have two Ryde athletes on the start line of a State blue ribbon event.

Yahya Ali was to cross the line in another PB time and another Ryde Best Performance on record to dead heat for 2nd place in 12.40s. Yahya had ran a PB of 13.05s at the ANSW Club Championships just over a month ago and had now smashed that by over half a second.

Aiden Wright, having achieved his own Best Performance on Record for a Ryde Athlete the day before in the 200m, set another pb to cross the line in 5th place in 12.86s. Aiden's season best at Dunbar had been 13.68s. The 2019/20 national qualifying time for U14's is 12.84s so if it doesn't change for 2020/21 then Yahya is well under and Aiden only has to run a whisker faster to achieve it.

Below Aiden and Yahya. It would be a while since we have had two of our boys line up for a State Blue Ribbon 100m event. Great work to both boys on smashing their PB's.





Above Yahya with silver in the Boys 12yrs 100m, Below it was a dead heat on the line for silver!



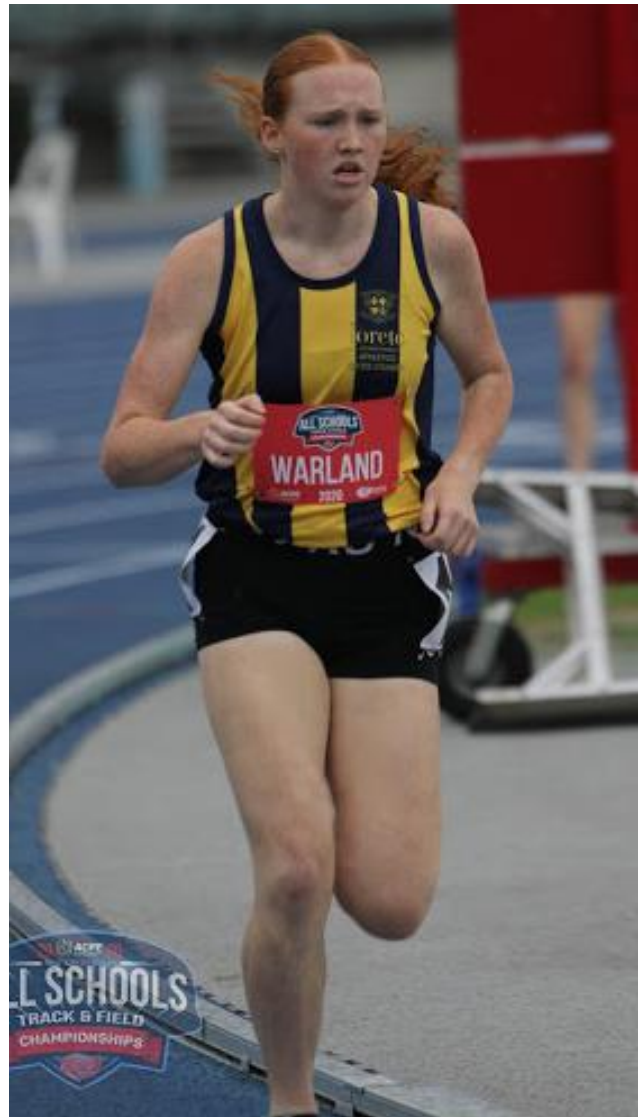
Andrew Kalos (top right) was competing in his first All Schools in the 13yrs Javelin. Andrew threw a personal best of 36.26m and got his best throw out in round two to place 5th in the final. This was almost 3m further than Andrew's best at Ryde this season.

Jessica Forster was having her first run of the season and placed 7th in her heat and 15th overall in the heats of the 17yrs Girls 100m in a time of 13.84s.

Lance Joseph David was out for his second event, the 16yrs 100m sprints. Lance pulled out a good personal best time of 12.08s to place 7th in his heat.



Zara Warland (below) was running her third middle distance event of the Championships in the final of the Girls 16yrs 1500m. Zara ran 4m 53.41s for her second sub 5 minute run of the season and 8th at State.



Ashton Hanna and Adam Bruntsch were running in heats of the 16yrs 1500m straight after the girls. Ashton was in first heat and over the course of the race moved himself from tenth to fifth. Ashton's final lap was the fastest of everyone in his heat and earned him a spot in the final with his time of 4m 17.78s a huge personal best time. After holding first place from the first lap to bell lap Adam finished in 2nd place in his heat to qualify as second fastest for the Sunday final in a time of 4m 11.48s.

After his 7th place in the morning with Discus **Lachlan Waldron** was back out in the field for his final event, the 12yrs Javelin. Lachlan got a great throw of 29.85m in round two to place 2nd and bring home his first All Schools medal. Lachlan also picked up the Ryde Best Performance on record for 12yrs boys Javelin.



Above Silver for Lachlan at his first All Schools.

Brendan Mannasz had leapt to a 15yrs equal best performance on record and new Ryde Club record when he cleared 1.85m at our Club Championships in November. Brendan managed to get a best clearance over the bar at 1.75m for 5th place in the 15yrs boys high jump.

Like her brother Lachlan, **Caitlin Waldron** was finishing up her Championships with the final event being the 15yrs Javelin. Caitlin's best throw of 25.37m was in round three to place her 13th overall in the final.



Above Lachlan, Sofia and Caitlin were all out in the field on Saturday for some good results.

The 400m heats kicked off early Saturday night.

Zara Pawsey was out first for Ryde in the 12yrs 400m heats. Zara ran three seconds faster than her best time to finish third in her heat in a time 67.13s to qualify for the final on Sunday.

Alicia Leggatt (below) ran in the 13yrs 400m heats and was 8th in her heat in a time 72.36s to wrap up her All Schools Championships.

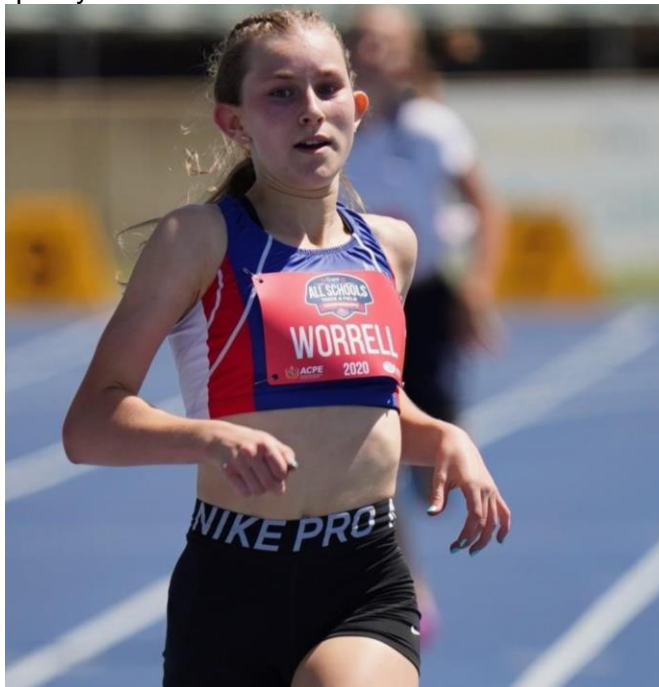




Above Owen clipped 3 seconds off his best time at Ryde in the 400m heats.

Owen Chandler's final event of the Championships was the 13yrs 400m. Owen ran a great race to finish in a time of 58.38s for 4th place in his heat and 12th place overall. Owen shaved almost three seconds off the best time he'd run at Ryde this season.

Ruby Worrell and **Annabel MacDonald** were in the 14yrs 400m heats. Ruby (below) has been powering over the 400m this season and comfortably ran 57.72s to place first in her heat and qualify fastest for the final.



Annabel (top right) was 7th in her heat and raced home in a time of 67.39s taking a massive 5 seconds off her best time at Ryde this season.

Joe Harvey had run a strong 400m at the NSW Club Championships and again ran even faster here when he stopped the clock at 54.10s for third



place in his heat and went into the finals as 6th fastest overall. If the national qualifier doesn't change for 2020/21 then Joe was under the NQ time.

Lance Joseph David had his final event of the Championships, the 16yrs 400m along with team mate **Jack Baker**. Lance ran 56.23s to place 7th his heat in his second PB of the weekend. Jack, was fourth in the fastest heat of the event to qualify for the final in a time of 52.54s.

Sofia Gately was our final field entrant for Saturday and competed in the Girls 16yrs Javelin. Sofia's best throw came in round four when she threw 29.53m to place 7th in State in the final.



Sunday morning and we had early starters out at the track again for the final day of the Championships.

Timothy Forster was competing up an age group in the 16yrs hurdles so he could run the 110m rather than the 100m. After a time well under the 2019/20 national qualifier down at the IBS interclub Timothy again produced a great run to stop the clock at 16.03s to place 3rd in his heat and qualify for the finals.

Zara Pawsey (below) started early in the field and landed three consistent jumps of 4.10m, 4.18m and 4.16m to place 11th in the 12yrs Girls long jump for place out of a field of 19.



Mikayla Kelleher (top right) ran a time of 16.59s in the 15yrs Girls 90m hurdles to place in her 6th in her heat and 10th overall at State. Mikayla followed that up with the 15yrs long jump where she leapt to a distance of 4.49m on her final jump for 10th place.

Jess Johnston had set a new Ryde Little Athletics U14 Javelin record this season. Jess picked up her third medal of the Championships when she threw 32.74m in the third round for Bronze.

Zara Pawsey was out on the track again this time in the 12yrs 80m hurdles final. Zara finished in a time of 14.62s to place 6th.



Below Jess finished the Championships with a silver and two bronze medals.



Ella McGregor ran in the final 12yrs 1500m event. Ella came home in 5m 50.88s almost 28 seconds faster than her best time at Dunbar this season and a five second Personal Best time. Ella placed 5th overall in the final.

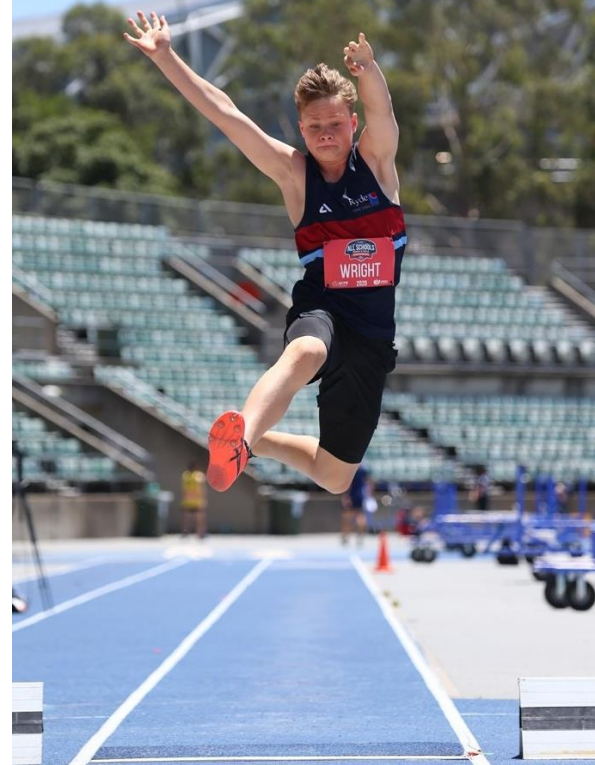


*Above Ella McGregor ran a pb in the 12yrs 1500m final.
Below Nathan with his second silver medal of the weekend*



Nathan Barbara was finishing up his Championships with the 12-15yrs PARA discus and finished with his second silver medal of the Championships. Nathan's best throw was 14.73m (56.56%). Nathan claimed records in all three of his events for his classification (T/F61) and they have

been submitted to Athletics Australia for approval. **Aiden Wright** (below) having got some great results on the track took to the field for the 12yrs Boys long jump. Aiden's best jump came in round three of 4.51m and he placed 5th in the final. Aiden's carnival finished with 3 top five places which is a great result for any athlete at State.

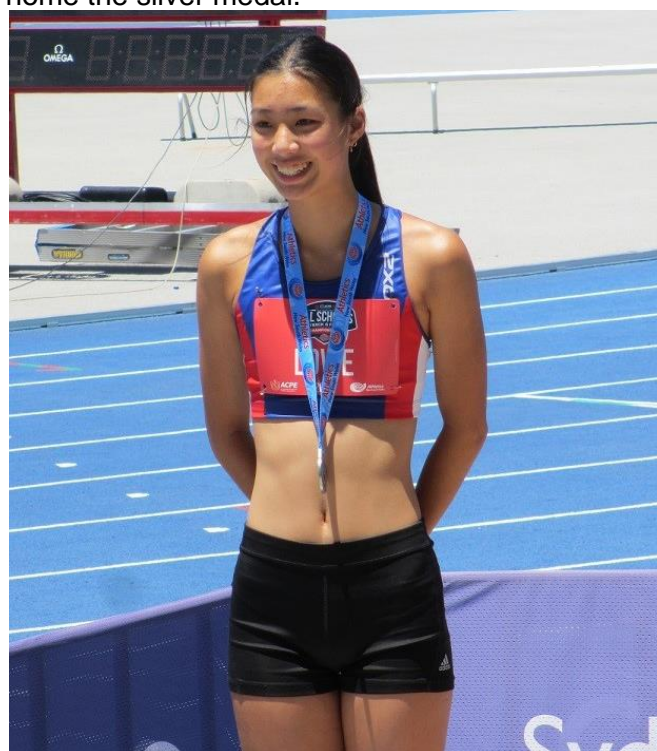


Oliver Smith (below) had a good run in the 14yrs 1500m final. Oliver worked his way up through the field on each lap and came home with a fast final lap to give him 7th place overall in a time of 4m.33.13s for his third and final event .





Alyssa Lowe (above & below) was making her first appearance of the Championships in the finals of the 17yrs Girls 100m hurdles and running in her first hurdles event of the season. Aly ran a time of 14.85s into a very strong headwind(-2.8m) to bring home the silver medal.



Timothy Forster (top right) was able to improve quite a bit on his heat time from the morning when he ran 15.22s to place 6th in the Boys 16yrs 110m Hurdles final.



Above Tim in the Ryde colours raced up an age group in the hurdles

The 400m finals saw some great runs for Ryde athletes.

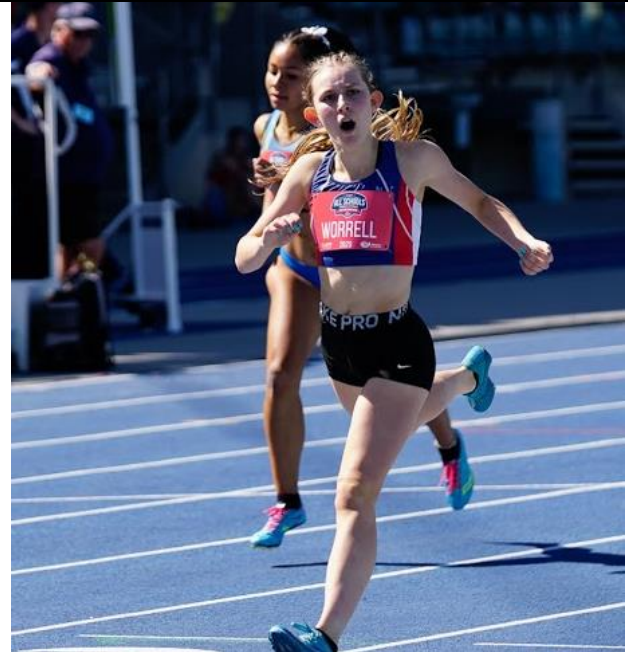
Zara Pawsey (below) continued her busy 4 days when she ran the final of the 12yrs 400m. Zara sliced another 1.8sec off her heat time to give her a new personal best time of 65.35s for her second 6th at State in only a couple of hours.



Below Ruby focussed and ready to go



Next out was **Ruby Worrell** who had been burning the track up in the 400m this season. Athletics NSW in their day 2 write up of the All Schools Championships had noted that talented athlete, Damita Betham was hoping to claim the rare sprint treble of 100m, 200m and 400m in the 14yrs girls. Clearly no one had told Ruby that as she absolutely stormed home past Damita in a new personal best time, new Ryde best performance on record time, Australian Open women's qualifying time and new NSW All Schools record time of 55.35sec. So good was Ruby's time that it is also faster than the 15yrs NSW All Schools Girls record. Well done to Ruby on an outstanding meet.



Ruby crosses the line for the win and All Schools 14 yrs 400m record. Is she looking at the clock?

In addition to those achievement, Athletics Australia keep track throughout the season of the athlete rankings across Australia for various age groups. Prior to the NSW All Schools Ruby, at just 14, was ranked 3rd in Australia for the U16 400m. Subsequent to All Schools on my count, Ruby has pushed herself to the top of the rankings for U16 girls in Australia to number 1.



At left Ruby in control of the race with 130m to go and above Gold for Ruby.

Ruby was followed out by **Joe Harvey** in the final of the Boys 14yrs 400m. Joe had already picked up a silver in the 800m. Joe had a great race and shaved another .2sec off his best time that he had set in the qualifying heats to place 5th in the final in 53.92s, well under the 2019/20 national qualifying time.



Above Joe was happy with his new pb in the 400m as was Ross his coach.

Jack Baker was the last of our talented 400m runners out on the track for the finals. Jack place 7th in the Boys 16yrs event when he crossed the line in 52.24sec just a fraction off a personal best time.

After jumping a career best of 6.10m at the Sydney Uni Interclub, **Alyssa Lowe** proved she was back from off season injury. In the 17yrs girls long jump, one of the Championships highlight events, Aly only got one legal jump out of 5.96m but it was enough to take home the Gold medal.

Jess Johnston rounded out her seven field performances of the Championships with the 13yrs girls long jump. A start list of 41 jumpers had been reduced to 32 jumpers by Sunday afternoon but was still one of the biggest long jump events of the Championships. Jess's best jump came in round three, a season's best of 4.77m for an overall place of 7th.



Above Jack Baker in the final of the 16yrs 400m. Below Alyssa Gold in 17yrs Long Jump.



After Gold and Silver in the 16yrs 2000m steeplechase, Adam Bruntsch and Ashton Hanna were back out on the track for the 1500m finals.



Above Aly successfully defended her NSW All Schools Long Jump title from last year. Below Jess, 7th in a field of 32.



Adam stuck with the front pack from start to finish and was in third place at every lap and finished with the bronze medal and a new personal best time of 4m 02.76s. Ashton was back in the field early on the race but managed to move himself through the pack to finish 8th with his second personal best in 1500m over two days of 4m 17.17s.

Ryde Seniors finished the carnival with 5 Gold medals, 9 silver and 6 bronze. A great result. We also congratulate the performance of Ryde Little Athletes who are seniors with other clubs – Eliza Da Silva who finished 8th overall in qualifying heats for the 16yrs 100m and Ben Stevens who won gold in 15yrs discus and shot and bronze in hammer throw.



Above Ashton & below Adam. Both have had a great season so far marked by lots of new personal best times.





Adam bronze and a new personal best time in the 16yrs 1500m , Below Nathan at discus . Top Brendan at High jump



At right Ella middle in the 12yrs 1500m running a personal best time and Claudia, enjoying her first ANSW All Schools Competition where she competed in the 13yrs discus and shot put.





Above top Adam and Ashton at medals for 16yrs Steeplechase & Georgia between events. Bottom Ruby finishes the 400m in record time and Aly contemplates her first hurdles run of the season.

Thank you to our helpers at our Bunnings BBQ Fundraiser

Thank you to Chloe Davis for organising our first fundraiser of the season and to all our helpers on the day. We netted just over \$1400 which is a great

result given the Covid restrictions that are in place.

Thank you to **Stacey Gershberg, Pete & Chloe Davis, Simon & Louise Bergfield, Mal Warland, Ann & Joe Harvey, Claudia Wilson, Elli Barron, Kirst Barnes & Ro Marshall, Jess & Warren Lowe, Jess & Danielle Johnston, Christine &**

Daniel Bruntsch, Cameron Smith, Christine Phillips, Kerryn & Kaitlyn Martin for all your help on the day and to Gladesville Bunnings for providing such a terrific venue.



Above Danielle, Jessica & Christine & below Pete & Daniel. Many thanks to everyone who helped



Other Senior Results UTS Norths – Northern Zone competitions

At the UTS Northern Zone held at Rotary Park Ryde on Saturday 21st November Ryde was represented by Ron Wills. Ron won the 80yrs+ 400m in a time of 1m 46.7s and was also first home in the 80yrs + 1500m in 9m 57.9s .

On the 5th December Sue Gore was Ryde's only entrant and Sue finished with a time of 19m .08.1s in the 50yrs + 5000m Walk.

Sydney Uni Interclub

The Sydney Uni Interclub was held on the 21st November at SOPAC Warm up track and Ryde Seniors were represented by seven athletes.

Oliver Smith competed in heat 5 of the Men's Open 800m and placed 3rd in his heat in a time of 2m 12.73s.

Such has been the improvement of **Ruby Worrell** this season in the 400m, Ruby at just 13 is now running in heat one of the Open Women's 400m events. On this day Ruby's competition included in her heat two Olympians and a World University Games medallist! Ruby showed that she is nailing 56 sec as a time this season when she ran her third 56 sec time of the season this time stopping the clock at 56.82s to place 6th in her heat and sixth fastest woman out of all the heats.

It is always terrific to see runners new to Ryde Seniors out on the track and **Juliette Cooley** at just 11 was having her first Athletics NSW run in the Open Women's 400m. Juliette was the youngest in the field and finished 4th in her heat in a time of 69.23s. A great start to her Senior's career.

As with Ruby, **Jack Baker** is also finding the 400m to be his event this season. Jack ran a personal best of 51.95s to place 3rd in the third heat and 17th overall in the field of 43 starters in the Open men's 400m.

Jessica Johnston was out in the field in the Division 1 discus event where Jess's second round of 35.61m saw her finish as the first women's thrower. Jess's throw was 1.61m over the 2019/20 qualifying so fingers crossed the 20/21 standards won't change.

Brendan Mannasz was out for his first ANSW event of summer and competed in the Mixed High Jump Division 2. Brendan finished in 5th place with his clearance at 1.78m.

After jumping season's best and winning the U18 Long Jump at the ANSW Club Championships **Alyssa Lowe** was looking for a good round in the Long Jump Division 1 event. Aly's third round jump of 6.10m was a career best, Unfortunately the wind reading of 2.1m means that it can't be counted for international qualification, but it does show that post winter injury Alyssa is back and in great form

Athletics NSW 3000m Championships

The Athletics NSW 3000m State Championships were held at the SOPAC warm up track on Saturday 21st November and Ryde was represented by seven athletes.

Julian Smith, 12 was our first runner of the night competing in the Men's J Race, Julian finished in 7th place in a time of 11m 09.82s

Julian's brother **Oliver Smith** 14, was out in the next Men's race the I Race and finished in second place in a good time of 9m 40.51s. Oliver sat in the front three for the whole race and came home in a strong final lap time of 74.33s.

Ashton Hanna 16, was running in the Men's G Race and stopped the clock at 9m 33.28sec for 13th place.

Three of our Girls ran in the Women's D Race.

Georgia Phillips 13, finished with the best time when she placed 3rd in a personal best time 10m 39.08s. This mark is well under the 2019/20 national qualifying times so fingers crossed for Georgia. **Elli Baron** 15, having her first big run of the season and ran 11m 11.34s to place 16th and **Claudia Wilson** 14, was home in a time of 11m 28.31s for 22nd.

Zara Warland 16, had smashed her personal best time in the U18 1500m at the ANSW Club Championships when she finished 7th and was chasing a good time here in the 3000m C Race for Women. Zara ran what looked to be a beautifully relaxed race sitting with the front half of the pack. Zara did a huge personal best time of 10m 27.84s to place 10th, again well under the 2019/20 national qualifying times.

Haven't had enough? Want some more competition well go to [ANSW Calendar](#). Still chasing a national qualifier? Then check out the calendar. Events that are marked with an AA permit or Athletics NSW permit will let you set distances and times to compete at the Australian Juniors in April next Year.

Big State level meets coming up to mark in your calendar
23-24th January NSW Combined Event Championships Campbelltown
12-14th February 2021 Masters Championships Campbelltown
26-28th Feb NSW Junior Championships (ages U17-U23) SOPAC
5th-7th March NSW Open Athletics Championships SOPAC
10th-12th March NSW Junior Championships (U12-U16)