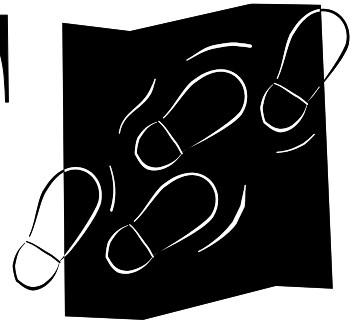




FOOTPRINT



Senior Division Edition February 2021

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Congratulations to our new State Masters Champions

Saturday 13th February was one of those rare days where competition for our Ryde Little Athletes was washed out at Dunbar due to heavy rain. For three of our Masters Athletes though the show was going on out at Campbelltown at the NSW Masters Championships.

Ron Wills was our first State Champion of the weekend when he won the 80-84yrs 400m event in a time of 1m 48.25s.

Below – Don't try this at home kids. From left, Ron, Robert and Andrew!

Robert Hanbury-Brown was the winner by almost four metres in the 60-64yrs weight throw event with a best throw of 14.61m.

Andrew Atkinson-Howatt was the clear winner by almost three metres in the 60-64yrs javelin when he threw 36.09m with Robert just out of the medals in 4th with 32.29m. Andrew also took home a silver medal in the discus with his first round best throw of 31.18m.

We also congratulate regular Ryde fundraiser volunteer, **Lynette Smith** on her win in the 50-54yrs javelin (31.26m) and bronze in the discus (28.32m)

Congratulation to Ron, Robert, Andrew & Lynette on their great results.





Above our newest State Champions. Robert Hanbury Brown 60-64yrs Weight throw, Ron Wills 80-84yrs 400m and Andrew Atkinson- Howatt 60-64yrs javelin throw.

Academic and athletics ability – well done to five of our former Ryde athletes on their HSC Results

We are always pleased to hear when some of our current and former athletes get excellent HSC results.

Congratulations to **George Davis, Madeline Playford and Connor Latham** who all made the HSC All Rounder List for achieving Band 6 results in ten or more units. Band 6's are awarded for results of 90 marks and over. Congratulations also to **Jett Tall & Eleanor Plummer** for achieving Band 6 in four subjects. We wish them all the best of luck.



Andrew & Lynette both won their age group javelin title. Lynette gets the bragging rights by setting a new NSW Masters Javelin record as well. Below I have to throw this how far? Robert getting ready to win the State Title in the Weight throw.



Results from around the Track and Field

Many of our Ryde athletes take advantage of the events that are run around Sydney by ANSW and other clubs. This season in particular, those athletes seem to be lodging PB after PB. So, if it is improved times, distance or heights you are after, the best way is to get out there and compete with some of NSW's best athletes. Don't be afraid. Most events are seeded so you probably won't find yourself in a heat with Olympians but you will find yourself in heats with athletes who will challenge you. The feedback I usually get too is that for newcomers to seniors, they get a real buzz out of running at meets where the grown ups compete too.

Below are the results from the meets our athletes have been competing in over the past few months.

The Albie Thomas Mile Event

At the Albie Thomas event held at the Crest Athletic Centre on Saturday, 19th December we were represented by 4 athletes.

Axel Bruntsch ran in the Men's G 800 metres race and finished in 5th place with a national qualifying time for U14 boys of 2 mins 17.45 secs. This is Axel's first year at qualifying for nationals. Well done Axel.

Jack Baker competed in the Men's F 800 metres race and placed 3rd with his time of 2 mins 05.50 secs.

Zara Warland competed in the Women's B Mile Race and finished in 4th place with her time of 5 mins 12.37 secs.

Adam Bruntsch ran in the Men's B Race finishing in 8th place with his time of 4 mins 24.24 secs.

The runs by Zara & Adam were the first time that they had ever competed in a mile race and thus their times were all personal best times.

Illawarra Track Classic

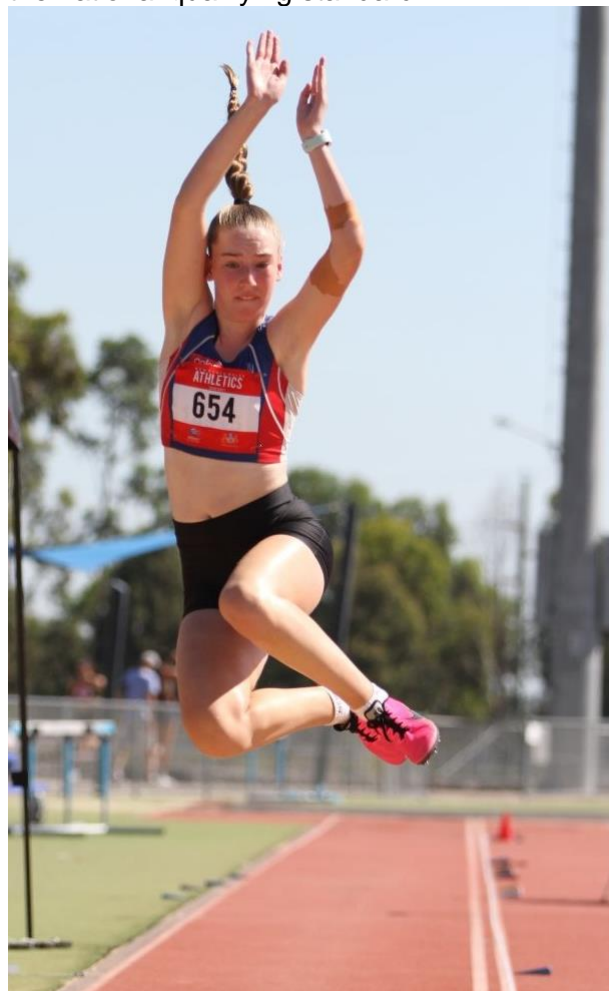
At the Illawarra Track challenge Meet held on Saturday, 16th January we were represented by **Jack Baker**.

Jack was an entrant in Heat 4 of the Open Men's 400 metres event and placed 2nd in a time of 52.62 seconds.

. Athletics NSW Combined Event Championships – Jess through to nationals

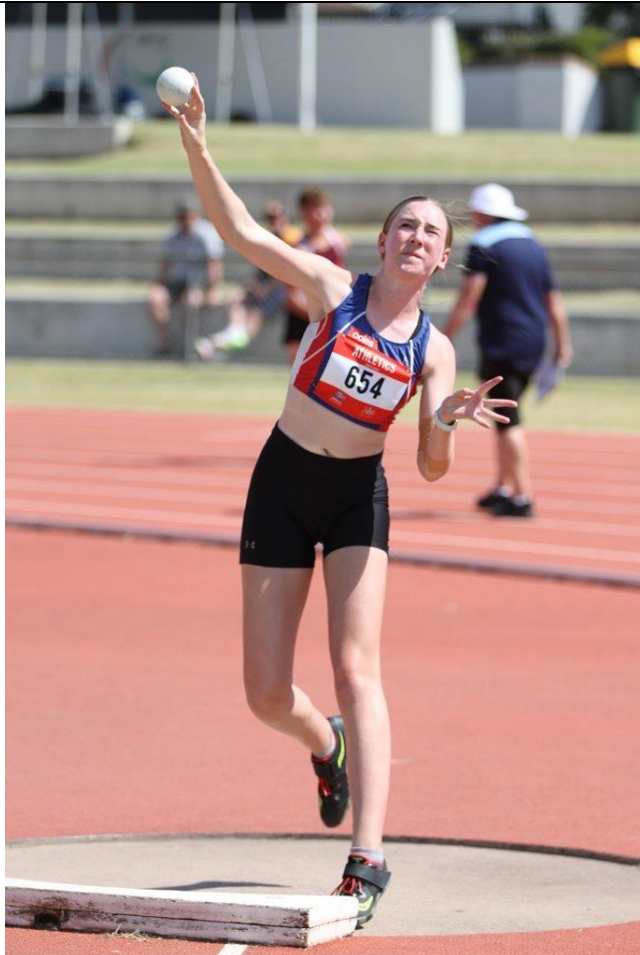
The ANSW Combined Event Championships were held in searing heat at Campbelltown on the weekend of 24-25th January and **Jess Johnston** competed in the U16 Women's heptathlon.

Despite an injury in the high jump warm up on Day One, Jess placed 5th overall in the Championships with a final point score of 3258 points which met the national qualifying standard.



Jess (above) did well, finishing second in the group in all the field events of shot put, high jump, long jump and javelin. Her individual results were

90m H	High Jump	Shot Put	200 Metres
17.88 secs	1.40m	11.17m	30.22 secs
501	512	606	467
Long Jump	Javelin	800 metres	Total
4.51m	31.58m	3:15.59	
431	507	234	3258



Above Jess out at Shot put, Below Chloe at high jump

Jess will contest the U15 Women's Heptathlon at the Athletics Australia Combined Event Championships in Melbourne on the 24th to 25th March.

Also competing was former Ryde Athlete **Chloe Davis**. Chloe is currently a member of our Ryde Senior Committee and organises our fundraisers.

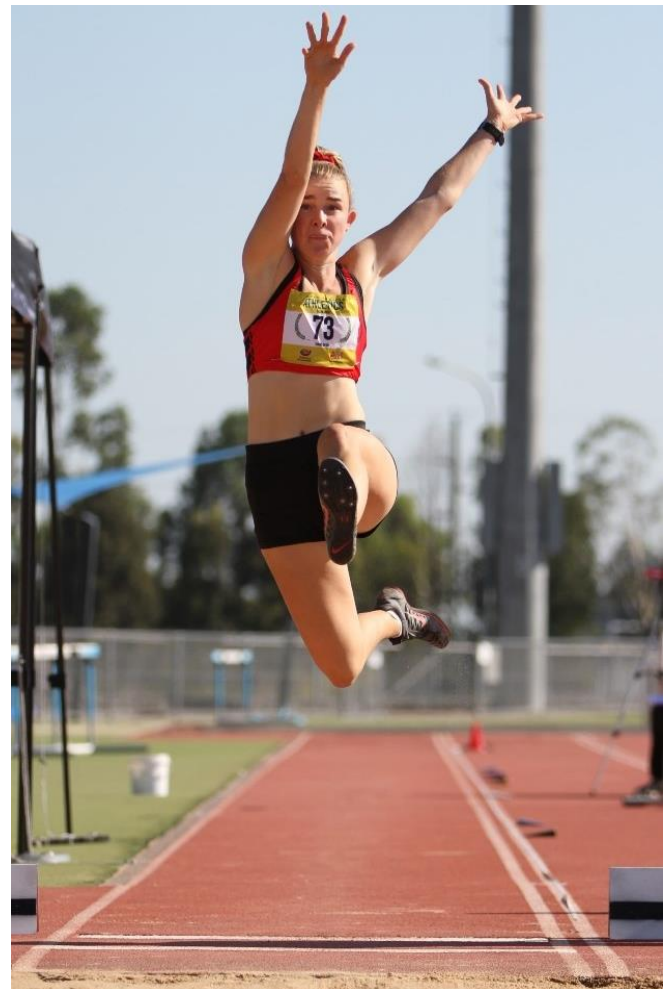


Chloe successfully defended her NSW Open Women's title which is a great achievement.

Chloe's individual results were

100m H	High Jump	Shot Put	200 Metres
17.26 secs	1.50m	9.52m	26.77 secs
567	621	498	731
Long Jump	Javelin	800 metres	Total
5.05m	37.32m	2:30.93	
573	616	681	4287

We wish Chloe the best of success when she competes at the Australian Open Women's Heptathlon which will be held at SOPAC as part of the Australian Track & Field Championships which will run from the 12th to the 21st April.



Above, Chloe will get to wear the laurel wreath bib for another season in 2021/22. The laurel wreath bibs are awarded to State Open Champions and are a highly sought after honour.

Mingara Inter Club Meet delivers PB's, National Qualifiers and Ryde Best Performances on record

At the Mingara Inter Club Meet held on Saturday, 30th January we were represented by 8 athletes and for many it proved to be a very rewarding afternoon.

Adam Bruntsch (below) was in the top heat of the Open Men's 800 metres event finishing in 6th place in a time of 1 min 58.02 secs. Adam's time is a national qualifier for the U18 800m.



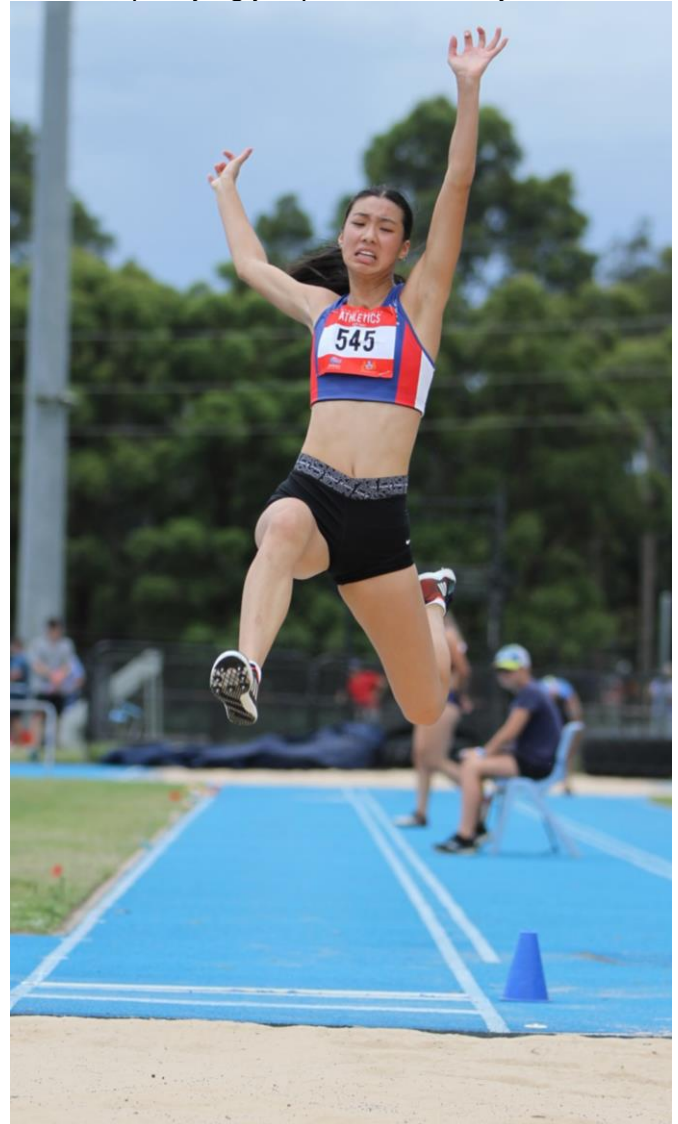
Axel Bruntsch finished in 8th place in heat 2 of the Open Men's 800 metres event with his time of 2 mins 17.93 secs. Axel's time is a national qualifier for the U14 800m.

Sophie Kavanagh had had a quiet senior's season so far having only competed at the ANSW Club Championships back in December. Her results at Mingara proved though that she has been putting in lots of work.

Sophie placed 9th overall in the Mixed Long Jump Division 2 with her leap of 5.64 metres (wind 1.3 metres/sec) this leap is a personal best. In her High Jump event Sophie produced another personal best performance when she cleared 1.70 metres. Both of Sophie's results are U18 national qualifiers. Her high jump result is also an U20 qualifier and added 5cm to her previous personal best. A great start to 2021.

Alyssa Lowe (below) finished in 6th place in the Long Jump event with her best effort of 5.94 metres (wind 2.1 metres/sec).

While Aly had already qualified for nationals in long jump, it is worth noting that her 5.94m is another national qualifying jump. Well done Aly.



Claudia Wilson was having her first run of the new year and finished in 16th place overall in the Open Women's 1500 metres with her time of 5 mins 25.17 secs.

Nicholas Woodhouse finished in 25th place overall in the Open Men's 1500 metres in a time of 5 mins 06.42 secs

Benjamin Woodhouse placed 16th overall in the Open Men's 1500 metres in an excellent personal best time of 4 mins 37.49 secs. Ben's time is a



Above Nicholas Woodhouse competing in the 1500m

national qualifying time for the U14 boys and sets a new 12yrs Ryde Best Performance on record.

What makes that result even more impressive was that that morning Ben, running at his Little A Club, North Rocks Carlingford, had set a new NRC Little A record in the U13 boys 800m time of 2m 21.34s.

Daniel Cox at just 11, competed in his first Athletics NSW race. Daniel ran in the 90 metres 76.2 cm Hurdles distance and placed 3rd in a personal best time of 16.45 seconds. This is a great start for Daniel from his first run over the higher hurdles and 90m distance. Well done.

ANSW 5000m Championships

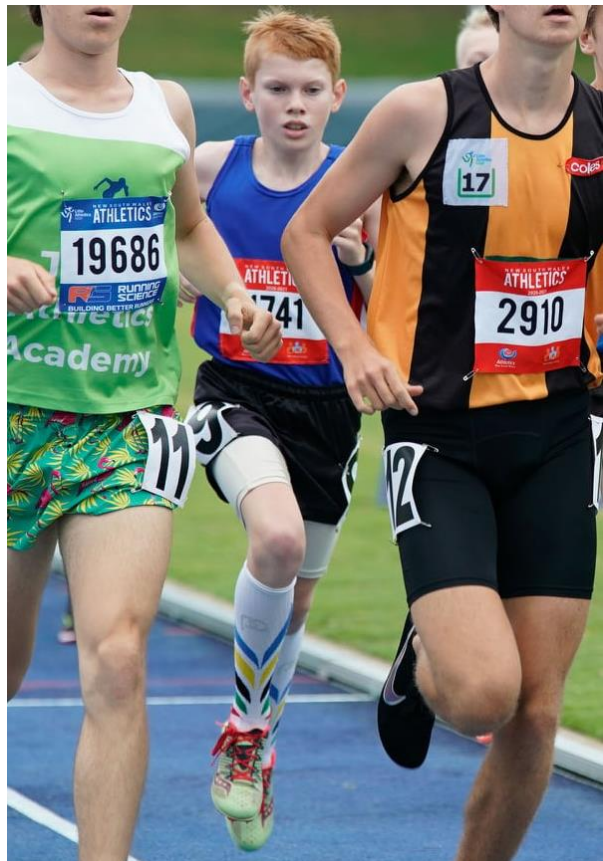
While Ryde didn't have any athletes competing in the 5000m main events we did have athletes out on the track earlier in the day.

Amelie Sun kicked off 2021 with a brilliant run in the Open Women's 800m. Amelie placed 5th in the top heat and 5th overall with a new personal best time and U18 800m National qualifying time of 2m 16.82s.



Above Daniel Cox was all smiles after his first ANSW event, down at Mingara.

The **Woodhouse** brothers, **Benjamin** and **Nicholas**, were out again on the track in the 1500m. **Benjamin** (below) again set a Ryde Best Performance on Record for a 12yr old when he sliced 2 seconds off the time he'd run the weekend before, this time stopping the clock at 4m 35.61s to place 15th overall. Ben was 3rd in his heat and 15th overall.



Nicholas (below) shaved a huge 10 seconds off the time he had run just the previous week at Mingara when he placed 7th in his heat of the Open 1500m and 19th overall in a time of 4m 56.43s.



Jack Baker's season has also been marked by pb after pb. In the Open Men's 800m Jack placed 4th in heat four and 29th overall in a new person best time of 2m 05.02, which on my count is his 4th pb in the 800m this season.

Georgia Phillips also set a new personal best. Georgia ran in the Open 1500m and placed 3rd in heat 2 and 13th overall for a time of 5m 00.77s.

School records set by Ryde Seniors at the NSW All Schools

A number of our boys who are students at Marist College Eastwood set new school athletics records at the NSW All Schools in early December 2020. Congratulations to Jack, Lachlan, Jeremy & Oliver.

	Event	Old Record	Year	New Record
Jeremy Plummer	15yrs Triple Jump	12.13m	2010	12.53m
Jack Baker	16yrs 400m	52.58	1986	52.24s
Oliver Smith	14yrs 800m	2m 12.8	1979	2m 11.92
Oliver Smith	14yrs 1500m	4m 42.63	2017	4m 33.13
Lachlan Waldron	12yrs Javelin	25.65m	2006	29.85m

Northern Zone Results from Rotary Park.

Just about every Saturday afternoon competition is run down the road at Rotary Park. If you are looking at getting back into athletics after a break, this may be a good way to ease yourself back in.

On 12th December we were represented by 5 athletes at UTS North Zone. **Jacqueline Pawsey** won the U10 60m (10.0s), 200m (36.3s) & Triple Jump (7.31m). **Zara Pawsey** won the U14 60m (9.2s), 200m (31.6s) & Triple Jump (8.52m). **Sue Gore** won the 50-59yrs 3km walk in a time of 17m.18.0s. **Ron Wills** finished 2nd in the 80yrs+ 200m dash (43.8s) and followed that up with a 1st in the 800m (4m 41.8s). Out in the field, **Robert Hanbury-Brown** placed 2nd in the 60-69yr shot put with a throw of 10.10m and 1st in the javelin (34.70m).

On the 17th December **Sue Gore** finished the 3km walk in a time of 17m 26.9s. **Ron Wills** stopped the clock at 47.6s for the 80yrs+ 200m and 4m 53.1s for the 800m. **Robert Hanbury-Brown** landed the javelin at 34.22m in the 60-69yrs event.

On the 16th January **Sue** was again out in the 3km walk and finished in 17m 51.6s. **Ron Wills** finished the 400m in 107.4s and the 1500m in 10m 24.2sec. **Robert Hanbury-Brown** heaved the 5kg hammer out to 37.17m. and the javelin to 36.17m finishing just in front of **Andrew Atkinson-Howatt's** best javelin throw of 35.31m.

On the 23rd January **Ron Wills** was our sole representative and finished the 80yrs+ 200m in a time of 42.8s and the 800m in 4.36.6sec.

On the 30th January **Sue Gore** finished the walk in a time of 18m 53.0s. **Ron Will's** 400m time was 104.1sec and in the 1500m Ron ran 10.03.7sec.

On the 6th February **Ron Wills** ran a time of 4m 50.1 in the 80yrs + 800m and 47.9s in the 200m.

The ACT U20 & Open Athletics Championships

The ACT U20 & Open Athletics Championships were held from the 12th – 14th February and Ryde was represented by four athletes.

On the Friday night, **Amelie Sun and Zara Warland** competed in the U20 800m timed final event. Both girls ran in the second timed final with **Amelie** crossing the line first in a new personal best time of 2m 14.21s. Amelie's time was just .08sec out of the medals, placing her fourth overall.

Zara Warland also ran a new personal best time when she finished 3rd in the heat in 2m 17.95s. Zara placed 8th overall. As the national qualifying time for U18 800m is 2m 19.00s both girls have qualified for nationals for the 800m.

Jack Baker also ran in the U20 800m timed finals on the Friday night and he too came home with a new personal best time. Jack sliced a huge 2.5 seconds from his best time to finish with 2m 02.99s and sixth place in the final.



Above Jack & Amelie both ran big personal best times in their 800m.

Ruby Worrell had been off training for a few weeks after rolling her ankle and was looking to knock the cobwebs off and get out in competition again. Ruby was the youngest entrant by far in the Open Women's 400m and ran in the second of four seeded timed final where she placed 7th and 15th overall in another national qualifying and, great return to track time of 57.29sec.

Zara and Amelie (below) were back out on the Saturday in the U20 Women's 1500m straight final. Amelie finished with the bronze medal and a time just .64s off the 1500m national qualifier of 4m 46.64s.

Zara collected her second personal best time of the weekend when she placed 4th taking 5 seconds off her pb with a new personal best time of 4m 48.49sec.

Jack Baker was finishing his weekend with a run in the U20 mens 400m. Jack ran in the second timed final where he placed 4th and 11th overall with a time of 52.51sec.



Illawong Track Challenge brings some great results

At the illawong Track Challenge held on the 20th February Ryde was represented by 7 athletes.

First out in the field was **Jess Johnston** who finished with a best jump of 1.45m in the mixed high jump. Jess then took to the throws where she produced a personal best throw and Ryde best performance on record for a 13yr old girl of 11.35m.

Alyssa Lowe having stepped up a height in the hurdles was having her first 100m competition over the 84cm hurdles. Aly finished in a pb time of 14.98s. This time is 1.3sec under the national qualifying time for the U20 100m hurdles.

Jess Johnston (below) also competed in the Women's 90m hurdles where she finished in a time of 19.22s.



Aiden Wright had gone to Illawong hunting a national qualifier for the U14 boys 100m and did not disappoint. Aiden finished third in heat number ten in a new personal best and national qualifying time of 12.61s. Aiden has now qualified for both the U14 100m and 200m at the Australian Juniors.

The **Woodhouse** boys were mixing things up this week by running in the 400m event. Ben finished third in his heat in a time 61.59s and Nicholas was 6th in his heat in 66.05s.

Caitlin Waldron (top right) was competing out in an elite field in the Division One shot put and had a great competition.

Caitlin launched the shot put to 12.32m in her first-round throw for a new personal best throw becoming only the second Ryde female athlete to pass the 12m mark. Caitlin is now just 8cm off the U17 national qualifier. We wish Caitlin all the best in the ACT Junior Champs as she hunts that further 8cms.



Adam Bruntsch (below) was our final competitor of the meet and ran in heat one of the Open Men's 1500m. Adam finished 6th in his heat and 6th overall in a time of 4m 06.61s.



RYDE ATHLETICS CENTRE – SENIORS DIVISION DAY 2 – 2020-2021 SEASON

Men's Results

Name		800m	SP	200m	TJ	Javelin	1500mW
Ben Woodhouse	U13	2.24.30 R	5.26m	30.5s			
Nicholas Woodhouse	U15	2.34.70	6.52m				
Lachlan Waldron	U13		9.08m R	33.5s	8.59m	30.22m R	
Ben Lawrence	U12		7.09m	34.4	8.61m	22.74m R	11m 41.0s
Owen Chandler	U14	3.01.70	9.85m	25.9s R	11.36m	16.09m	11m 26.0
Andrew Kalos	U14	3.54.0	12.68m R	29.0	X	35.83m R	
Aidan Mannasz	U16				12.69m R		
Simon Bergfield	60+		8.55m			28.08m	
Andrew Atkinson-Howatt	60+					36.15m	
Ron Wills	80+	4.58.0 R	5.25m R	47.6s R		11.30m R	
Ben Waldron	Visitor		9.54m			16.62m	
Rhys Chandler	Visitor						9m 50.0

Women's Results

Caitlin Waldron	U16		11.21m		7.57m	22.62m	
Jessica Johnston	U14					33.71m R	
Janet Lawrence	Visitor		6.61m			15.58m	
Lynette Smith	Visitor		9.10m			25.39m	

It is really disappointing how few of our athletes bother turning up for our Ryde Senior Days but the enthusiasm and talent of the ones who do, along with a really wonderful group of parents makes it a really enjoyable morning. As you can see from the table above the records tumbled across both the track and the field with lots of PB's for our competitors. Thanks again to all the parent helpers who made it a great competition.

Congratulation to our record breakers – 800m Benjamin & Ron



Shot put record - Lachlan



Shot put record - Andrew & Ron



200m record - Owen and Ron



Triple Jump Record – Aidan



Javelin Record - Ben & Andrew



Javelin Record – Lachlan



Javelin Record – Jess & Ron



Above Rhys & Owen in the walk. Below Ben, Ron & Nicholas in the 800m





Ben gets some tips from Andrew. Simon & Janet have a throw



Above Nicholas, Caitlin & Ben Below the start of the 800m,





Above Lachlan, Owen, Caitlin & Ben at Triple Jump

Congratulations to the Ryde Athletes who made the National Rankings for 2020

Each year Athletics Australia produces a list of rankings from around Australia for best performances.

Twelve of our talented athletes made the list in 2020. Athletes can be listed in Age groups above their actual age if their performance is good enough to result in a ranking in those age groups. Some

results won't be considered by AA if the wind readings exceed certain levels.

Well done to all those listed below and good luck to everyone chasing a ranking in 2021. You can track them through [this link here](#)

Special mention to **Ruby Worrell** on placing first in the Australian Rankings for U16 and to **Adam Bruntsch, Aly Lowe and Jess Johnston** on being named in the top three in Australia.

Name	Age group	Event	Aust Ranking	Result
Ruby Worrell	U16	400m	1 st	55.35s
Ruby Worrell	U18	400m	5 th	55.35s
Ruby Worrell	U20	400m	9 th	55.35s
Ruby Worrell	Open	400m	43 rd fastest time and 28 th athlete as multiple times recorded for Opens	55.35s
Ruby Worrell	U16	200m	15 th	25.36s
Adam Bruntsch	U18	2K Steeple	3 rd	6.06.08s
Alyssa Lowe	U18	100m Hurdles	10 th	14.54s
Alyssa Lowe	U18	Long Jump	3 rd	5.96m
Alyssa Lowe	U20	Long Jump	8 th	5.96m
Alyssa Lowe	Open	Long Jump	29 th furthestest but 20 th athlete	5.96m
Arabella Price	Open	2k Steeple	50 th fastest time and 45 th athlete. Note AA didn't record age records for women's steeple.	7m 37.24s
Mia Marshall	U16	Pole Vault	=15 th	2.50m
Jeremy Plummer	U16	Triple Jump	18 th	12.53m
Brendan Mannasz	U16	High Jump	=25 th	1.78m
Rory Davison	U16	Pole Vault	15 th	2.80m
Andrew Kalos	U14	Javelin	10 th	36.26m
Jess Johnston	U14	High Jump	= 18 th	1.50m
Jess Johnston	U14	Long Jump	27 th	4.77m
Jess Johnston	U14	Shot put	25 th (8 th)	10.63* (11.02m)
Jess Johnston	U14	Discus	3 rd	35.61m

Name	Age group	Event	Aust Ranking	Result
Jess Johnston	U14	Hammer	8th	35.82m
Jess Johnston	U14	Javelin	6th	34.56m
Owen Chandler	U14	Triple Jump	21 st	10.80m
Max Mayhew	U14	3000m Walk	17 th	16m 41.48s

- This needs correction as Jess threw 11.02m at All Schools which should move her to 8th

Registrations are now open for 2021 ACT U14 to U18 Championships to be held in the ACT from 26th to 28th February. Entries close 10.00am Monday 22nd February . [Click here](#) for details

2021 ANSW U23 & Open Athletics Championships to be held at SOPAC from 5th to 7th March. Entries close 10.00am Wednesday 24th February. [Click here](#) for details

2021 ACPE NSW Athletics Championships to be held at SOPAC from 12th to 14th March. Entries Close 10.00am Wednesday 3rd March. [Click here](#) for details.

PLEASE NOTE: ATHLETES MUST COMPETE AT NSW JUNIORS CHAMPIONSHIPS (if you are a junior aged athlete) or OPENS NSW CHAMPIONSHIPS (if you are an open aged athlete) IN ORDER TO BE ELIGIBLE FOR THE AUSTRALIAN ATHLETICS CHAMPIONSHIPS. For more information on the NSW team criteria [click here](#).