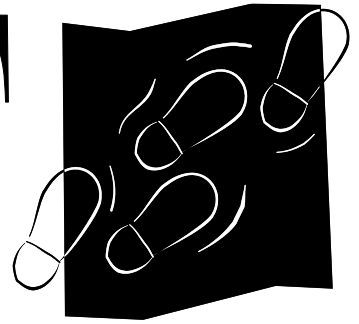




# FOOTPRINT



Senior Division Edition March 2021

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

## Ryde Seniors big weekend at the NSW Junior Championships.

Last year Ryde Seniors celebrated a bumper haul of 20 medals at the NSW Juniors. Over the weekend of 12<sup>th</sup>-14<sup>th</sup> March we exceeded that with 25 medals coming Ryde's way.

Congratulation first to our State Title holders and Gold Medallists;

- \* Alyssa Lowe U20 Long Jump
- \* Sophie Kavanagh U18 Long Jump
- \* Yahya Ali U14 100m
- \* Sophie Kavanagh U18 High Jump
- \* Adam Bruntsch U18 2000m Steeple
- \* Georgia Phillips U16 2000m Steeple
- \* Arabella Price U18 2000m Steeple
- \* Aidan Mannasz U17 Pole Vault

Our Silver medallists;

- \* Mia Marshall U16 Pole Vault
- \* Jessica Johnston U15 Javelin
- \* Lachlan Waldron U14 Javelin
- \* Ashton Hanna U18 2000m Steeple
- \* Jessica Johnston U15 shot put
- \* Brendan Mannasz U17 Pole Vault
- \* Joe Harvey U16 800m
- \* Ruby Worrell U16 200m

Our Bronze medallists

- \* Max Mayhew U15 3000m Walk
- \* Aidan Mannasz U17 Triple Jump
- \* Ben Woodhouse U14 1500m
- \* Jess Johnston U15 Hammer throw
- \* Owen Chandler U15 Triple Jump
- \* Aiden Wright U14 200m
- \* Ben Woodhouse U14 800m

Well done to all our competitors over the weekend that had so many highlights for Ryde.

A few to mention are

- \* **Alyssa Lowe & Sophie Kavanagh** jumping together and winning the U20 & U18 Long jump on the first night. Both led their groups from round one
- \* The emergence of our **U14 boys** who won one gold, one silver and three bronze medals and featured in top eight finishes in everything from hurdles (Daniel) to middle distance (Ben, Axel, Julian) jumps (Aiden), throws (Lachlan) sprints (Yahya & Aiden)
- \* **Yahya Ali's** blistering heat run of 12.14sec in the U14 100m left the competition in his wake.
- \* **Jack Baker's** delight at a new 400m PB and 5<sup>th</sup> in the U18 400m final.
- \* Our medal rain in the Steeplechase with three gold and a silver medal.
- \* **Adam Bruntsch** tearing the field apart in the U18 2000m Steeplechase
- \* **Sophie Kavanagh** becoming a dual State title holder when she won both the U18 Long and high jump.
- \* **Jess Johnston** collecting three throws medals on Saturday and setting massive PB's in shot put and javelin.
- \* **Ruby Worrell's** brilliant home straight run to gain metres on first in the U16 200m but just miss the gold by only .08sec.
- \* The camaraderie of the parents and athletes who came up and sat in Bay 10 through stormy Friday night, hot, humid Saturday & freezing, wet Sunday and added volume to the cheers when our athletes were out on the track and in the field.
- \* **Rory Davison** turning up to cheer for his Ryde mates as well as help out in raking the sand! We look forward to seeing you back in the track & Field next year Rory.

**FULL REPORT STARTS ON PAGE NINE.**

## Fundraising for the 2021/22 season – save the date Sunday May 23<sup>rd</sup> Bunnings @ Gladesville

With over 25 of our Senior athletes qualifying for nationals we need to start planning our Fundraising endeavours for next season to ensure we can continue to assist with grants to help with our Ryde Senior athletes' costs when they represent NSW interstate or overseas. Covid cut back on our Fundraising ability in 2020/21 so we'll be keen to get out there again now we can.

There are a few simple rules for Ryde Senior athletes to being eligible for a grant

- The athlete (where age appropriate) and at least one member of the family help out at least two of our fundraisers over the season.
- The athlete should participate for Ryde in Senior events such as Club Championships, Senior Relays or Cross-Country relays over the season.
- Grants are only made for interstate or overseas competition.

Our fundraising events have included Bunnings BBQ's, running a drinks stand at the Blackmores Marathon or helping at a Cake stall or Seniors BBQ at Dunbar. We encourage the athletes to be involved in helping to teach them the importance of volunteering and so their efforts can directly contribute to any funds they may ultimately receive. It can also qualify at some schools for community volunteer work or towards Duke of Ed. We usually find the kids quite enjoy themselves.

**Chloe Davis** is our Fundraising coordinator and will be in touch once Bunnings confirm our proposed date or if we hear that Blackmores will go ahead this year, but if you'd like to get in and bookmark a spot for your family then email Chloe at [chloeemadavis@gmail.com](mailto:chloeemadavis@gmail.com)



*At left, At the ANSW Juniors Seniors President Simon Bergfield presented Jess Johnston with her grant to help with her costs to compete at the Australian Combined Event Championships in Melbourne later this month.*

*Jess and her family have helped on our BBQ's the past two years and Jess has been a very active member of our relay and club championship teams.*

*We wish Jess every success at National Multi.*

## Vale Bruce Brown. Ryde life member, committee member, coach, volunteer and proud dad

It is with great sadness and fond memories, that we mark the passing of one of our most colourful Life Members, Bruce Brown, who passed away on the 20<sup>th</sup> February at the age of 83.

Bruce's (and his wife Jean's) involvement in the Club started in 1979 when their daughter Tina joined. Bruce became a regular timekeeper at Northern Zone and was Zone Manager for a few seasons. Bruce also coached sprints at Ryde from 1979 to 1994. In the 1990's and 2000's Bruce was also a regular ANSW Official at SOPAC working in administration and the Call Room.

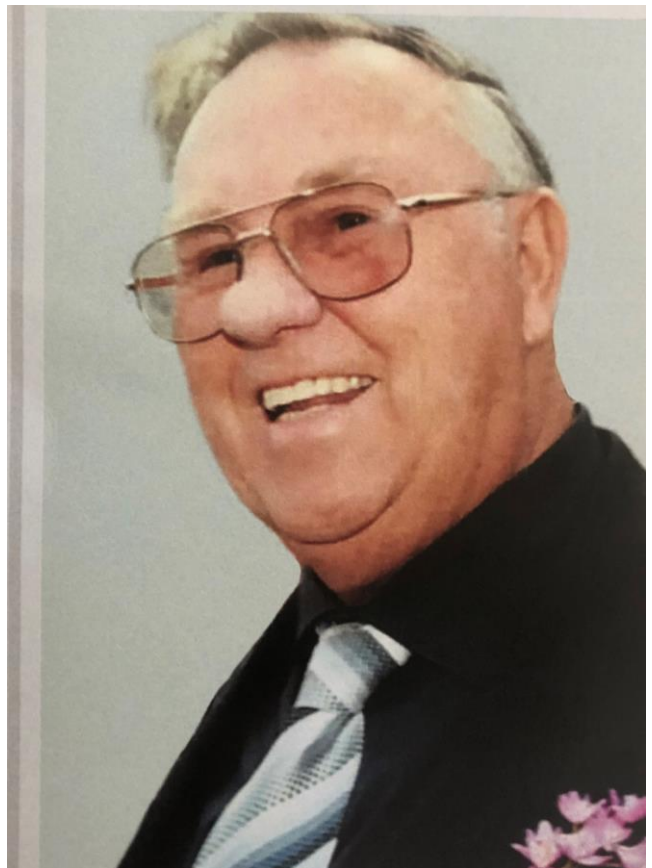
Bruce was well known for his great enthusiasm and sense of humour and when he was a member of the Ryde Senior's Committee no Committee meeting could close without Bruce telling a joke. He was a regular volunteer on our club fundraisers for many years, rising early to help out down at Medals at the City to Surf.

Bruce who was made a Life Member of Ryde in 1990, was, along with other Ryde Life Members Ross Forster and Betty Moore, an official at the Sydney Olympics in 2000. Ross tells the story of Bruce trying to talk his, Ross's & Betty's way in to the Swimming Centre for a Finals night. After pleading with an official for some time, the exasperated official pointed towards a rear door and said "try there". Not only did the Ryde trio get inside the swim stadium but they were subsequently upgraded to seats near the athletes and got to watch Susie O'Neill win her gold medal in the 200m Freestyle.

In A "Brief History of Ryde Athletics Club – 50 Years on & Still Running Strong" published in 1999, Bruce was quoted as to his experience at the first Committee Meeting he attended.

*"I remember, when I first became a member of the Committee in 1983, I was the only male at the Ryde WAAC (Women's Amateur Athletics Club) Committee Meeting. The first meeting was a real experience. I was the only person not doing any knitting during the meeting."*

On behalf of the Ryde athletics community, we extend our sympathy to Bruce's wife Jean, daughter Tina and son-in-law, James.



## Results from around the Track and Field

### Sydney Milers Series

At the Sydney Milers Series held at the Crest Athletic Centre on Thursday 25<sup>th</sup> February Ryde Seniors was represented by 3 athletes.

After time off with injuries, **Arabella Price** was making her first appearance of the season and competed in the Open Women's 1500m B Race. Arabella came home just over the 5min mark when she stopped the clock at 5m 00.21s to take 5<sup>th</sup> place.

**Axel Bruntsch** ran in the Men's E 800 metres race and finished in 4<sup>th</sup> place with another national qualifying time for U14 800m and, a new personal best time of 2min 15.36. This was also a new Ryde best performance on record for a 12yr old, which had been held by his brother Adam.

**Georgia Phillips** (below) was competing in her first 2000m steeplechase event and had a terrific first run. Georgia came home in 5<sup>th</sup> place in a time of 7min 40.10s, a national qualifier for this season as well as nearly 15sec under the current qualifier for 2022.



## 2021 ACT U14-U18 Athletics Championships

The ACT U14-18 Athletics Championships were held at Woden Athletics Track from the 26<sup>th</sup> to 28 February and Ryde Seniors had 5 athletes out on the track and field.

**Benjamin Woodhouse** competed in both the U14 800m and 1500m and came home with two gold medals, two national qualifying times, two personal best times and two new Ryde Best Performance on Record for a 12yr boy in the 800m and 1500m. Ben ran 2m 12.97s in the 800m and 4m 33.71s in the 1500m. Ben's time in the 800m is so good it would also qualify him for the U15's at nationals.

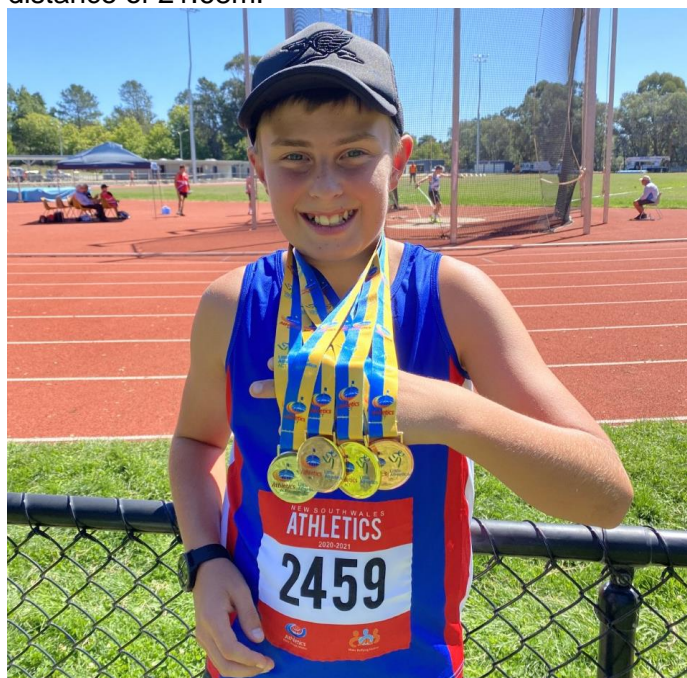
**Ashton Hanna** (below) also competed in the 1500m, running in the U18 age group. Ashton came home in a new personal best time of 4min 16.88 and collected the bronze medal.

Ashton also competed in the U18 2000m Steeplechase where he stopped the clock nearly 7 seconds under the national qualifying time at 6min 38.16sec for the silver medal.

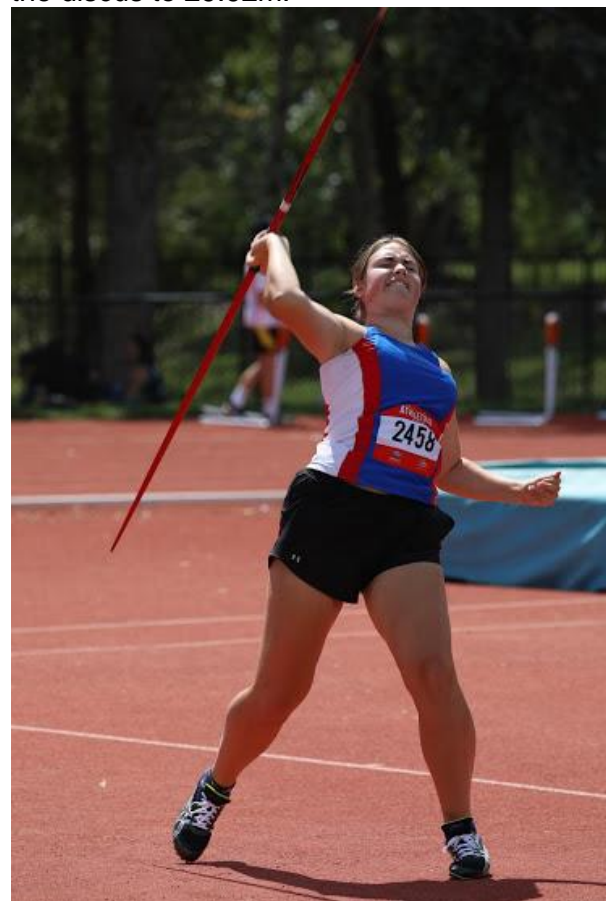


**Nicholas Woodhouse** also ran the 800m and 1500m double, competing in the U16 yr age group. Nicholas finished just out of the medals in fourth spot in both races posting a pb time of 2min 28.92s in the 800, and 5min 11.08sec in the 1500m.

**Lachlan Waldron** (below) competed in all four throws events for the U14 Boys. In the U14 Boys hammer throw Lachlan came home with the gold medal and a best throw of 15.35m. In the Javelin Lachlan struck gold again when he threw the javelin out to 31.42m. In the shot put it was a silver medal for Lachlan with his best throw of 9.56m. By the time he finished discus Lachlan had secured a full set of medals when he placed third and won bronze with a distance of 21.68m.



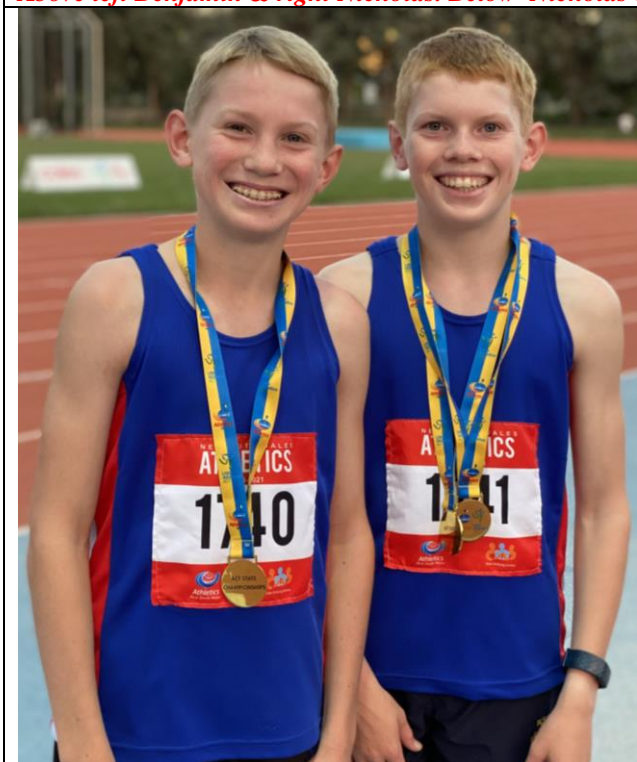
**Caitlin Waldron (below)** had also signed up for all four throws event. Caitlin's best result came in the shot put where she was the clear winner by almost 1.50m with her throw of 11.42m. In the javelin Caitlin finished in 5<sup>th</sup> place, only 20cm off bronze with her throw of 23.82m. In discus and hammer Caitlin finished with a bronze in each event. Caitlin got the hammer out to 27.64m and the discus to 29.92m.



*Above Nicholas, Caitlin, Lachlan and Benjamin had a great weekend in the ACT*



*Above left Benjamin & right Nicholas. Below Nicholas & Benjamin at ACT U14-U18 Juniors*



## 2021 NSW Open & U23 Athletics Championships.

At the NSW Open and U23 Athletics Championships, Ryde Seniors was represented by 6 athletes

**Sophie Kavanagh** was getting a warm up for the Long jump and high jump event she would contest at Juniors. In the Open Women High Jump. Sophie came home in 8<sup>th</sup> place with a clearance of 1.65m.

**Amelie Sun** ran in heat three of the Open Women's 800m. Amelie finished 7<sup>th</sup> in her heat in a near PB time of 2min 17.18sec.

**Jack Baker** ran in heat 2 of the Opens Men 400m and finished in a time of 53.00s to place 7<sup>th</sup> in his heat.



*Above Sophie over the bar at High Jump and below Amelie in the 800m*



**Zara Warland** took to the track in the Open Women 1500m and come home in a new personal best time of 4m 43.65s, cutting almost a further five seconds off her best this season. Zara had started the season with a pb of 5m 09s so has certainly made huge improvements in her time over the season.

**Adam Bruntsch** ran in heat 2 of the Open Men 1500m and came home in seventh place in the heat with a new personal best time of 4m 01.32sec.



*Above Adam, Zara and Amelie look happy with their performances at the NSW Opens. Below Adam running a new personal best at Opens.*



**Nathan Barbara** was our only athlete out on Saturday and Nathan was competing first in the Open Men Ambulant Discus.

Given Nathan was competing in an Opens competition he had to throw Open's weight s and so was throwing a 1.5kg discus for the first time, Nathan managed a best throw of 11.46m in round 5 (43.96%) to win the silver medal.

Nathan followed his discus event up with a run in the Men Open Ambulant 100m. Nathan finished 9<sup>th</sup> in the final in a time of 20.24s (60.52%).

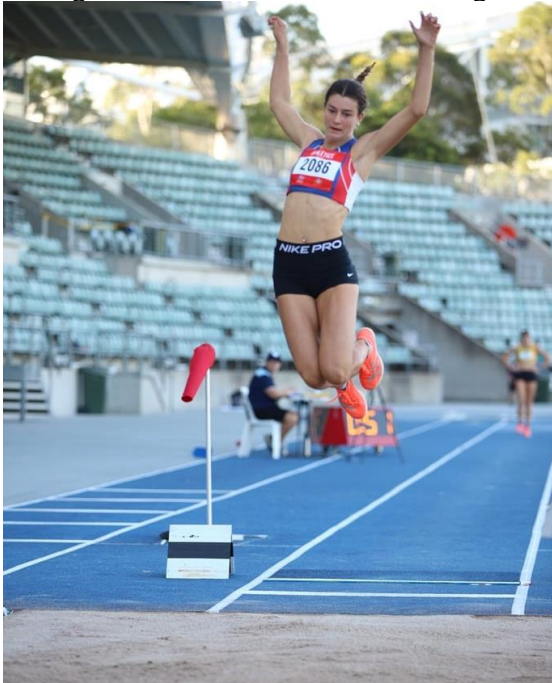


*Above Nathan won silver in the Ambulant discus*

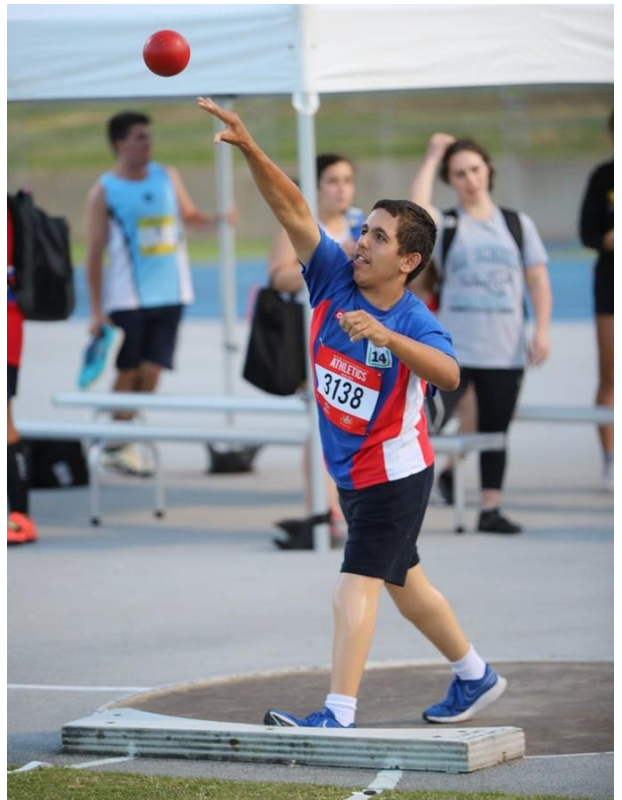
**Jack Baker** was first out on Sunday running in the Men 200m. Jack ran a personal best time of 23.62sec to place 7<sup>th</sup> in his heat.

The Open Women Long jump saw Ryde's best two female long jumpers **Alyssa Lowe** and **Sophie Kavanagh** take on the top jumpers in NSW.

**Sophie** (below) just missed a final's spot when she placed 9<sup>th</sup> overall with her opening jump of 5.55m. **Alyssa Lowe** had made the top eight with her second-round jump of 5.72m and then improved on that, with her fifth-round jump of 5.91m to take 4<sup>th</sup> place. A great result for an athlete still aged only 17.



**Nathan Barbara** (below) was our last competitor and competed in the Ambulant Men Open Shot put. Throwing the 6kg shot, Nathan's opening round throw of 4.85m (38.68%) again secured him the silver medal.





## 2021 NSW Junior Athletics Championships

The ANSW Junior Championships were held at SOPAC from 12<sup>th</sup> -14<sup>th</sup> March and Ryde Seniors was represented by 34 athletes across 63 starts who came home with a record 25 medals.

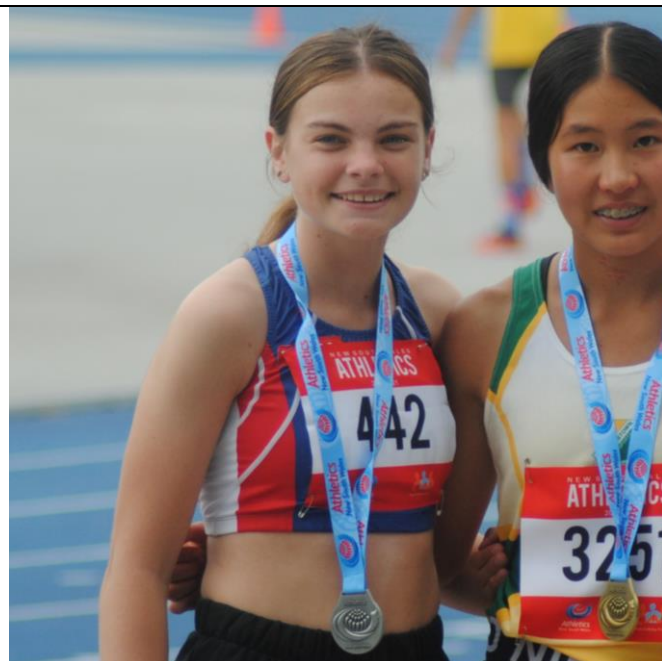


**Mia Marshall (above) and Caitlin Waldron** were our first athletes out in the field.

**Mia** had been battling injuries for much of this season so it was great to see her out in the field and vaulting so confidently. In the first few vaults Mia was leaving daylight between her and the bar. Mia ended up jumping 10cm higher than at NSW All schools and finished with the silver medal and a height of 2.60m to place second in the U16 girl's pole vault.

**Caitlin** had had a good warm up event down at ACT U14-U18 Junior Championships where she picked up a gold and two bronze medals. At Juniors she was also competing in the U17 shot put, discus and her first event, hammer throw. **Caitlin** got the hammer out to a PB of 29.72m on her first throw to finish just out of the medals in 4<sup>th</sup> place in the final.

Our first athlete out on the track was **Timothy Forster** in the U17 110m hurdles. Tim once again was able to produce a flawless run over the hurdles to place 6<sup>th</sup> in a time of 15.70s and again finish well under the



*Above Silver for Mia in U16 Pole Vault. Below Caitlin out at U17 hammer throw.*



national qualifying time of 17.24s

**Alyssa Lowe** is this year stepping up a height in the hurdles from 76.2cm to 82cm. In the heats of the U20 100m hurdles Alyssa placed 3<sup>rd</sup> in a time of 14.96s to qualify for the final. In the final Aly even faster 14.67s to place 6<sup>th</sup> and well under the national qualifying time of 16.24s.

**Daniel Cox** at just 11 years of age was our youngest male athlete and competed in the Men U14 90m hurdles. Daniel ran a great set of hurdles to finish 6<sup>th</sup> in 16.58s in an age group that he will be able to run again in in the 2021 Juniors.

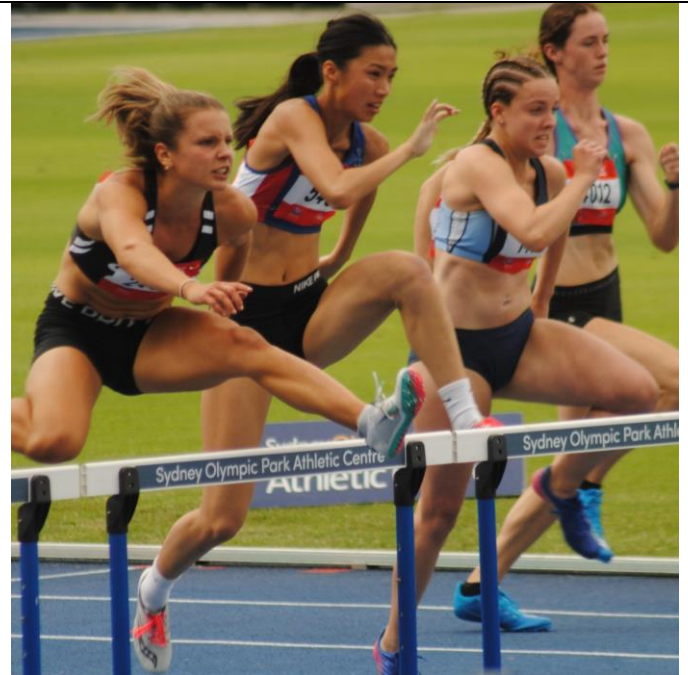


*Above Timothy U17 110m Hurdles. Below Daniel makes his ANSW Juniors debut in the U14 90m Hurdles*



**Jess Johnston** had spent the previous weekend winning silver in the U14 State Little Athletics Multi event. In her first of her six field events over the three days, Jess leapt out to a distance of 4.36m in the 3<sup>rd</sup> round to place 10th.

**Brendan Mannasz** has added centimetres to his pb this season in high jump and along the way has set a new Ryde Little athletics U17 record, as well as



*Above Aly in the U20 100m hurdle heats. Below Tim and proud grandfather, Ross.*



an equal Ryde Seniors best performance on record for a 15yr old and a new Ryde Senior Club record for U16's (1.85m). In the U17 High Jump final Brendan couldn't quite get his rhythm and fouled out at his opening height.

Ryde Seniors had three competitors on Friday afternoon in the heats of the 400m.

Both **Zara Pawsey** and **Juliette Cooley** were making their ANSW Juniors debut.

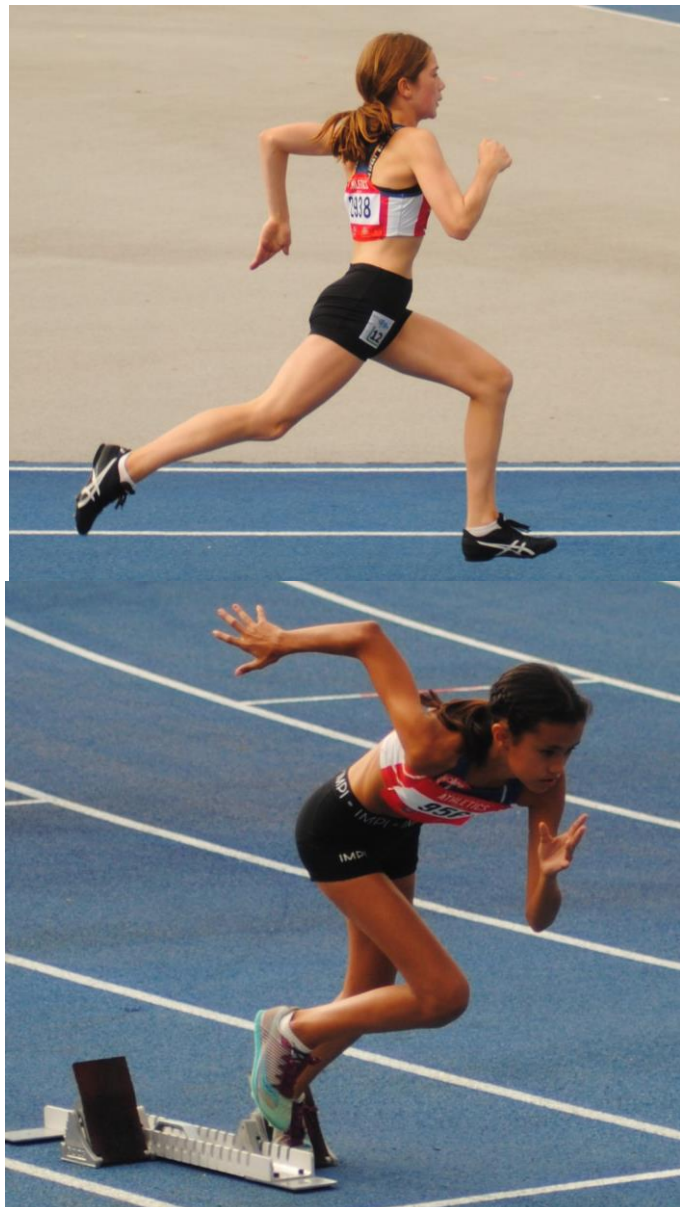
Zara and Juliette had already qualified for the Little A NSW State Championships in the 400m so NSW Juniors was a good chance to get some strong competition in before then.

*Below training buddies Zara & Juliette*



**Juliette (below)**, who will still be eligible to compete in the U14's next season, ran in heat 2 and placed 6th in her heat and 13<sup>th</sup> overall in a time of 66.42s.

**Zara (bottom)** finished just ahead of Juliette in the heat to place 5<sup>th</sup> and 9<sup>th</sup> overall for a finals spot in a time of 65.38s.

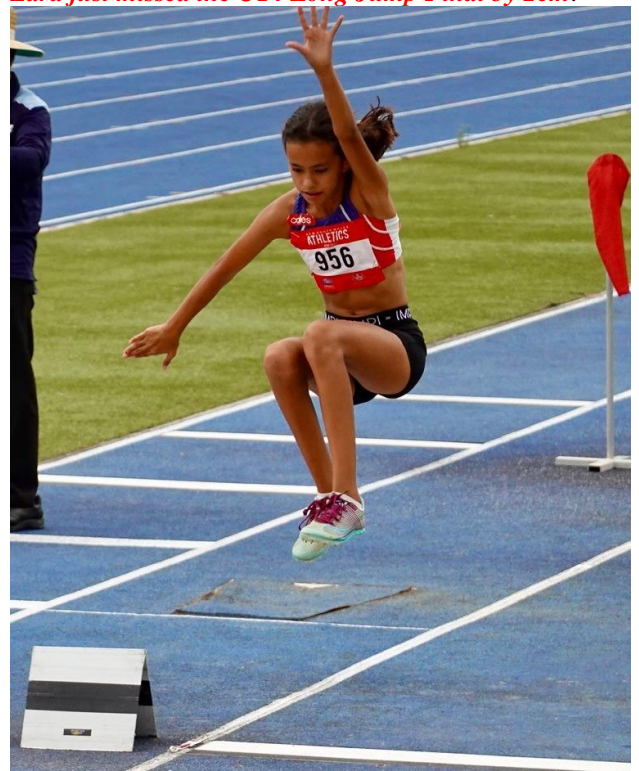


**Jack Baker (below)** has an absolute awesome back half in the 400m that usually sees him pick up a few runners round the bend and in the straight. In his heat he did just that and placed 3<sup>rd</sup> in heat one in a time of 52.30s to advance to the finals on Saturday afternoon.

**Zara Pawsey** was out for her second event of the night, the U14 long jump, which Zara had also qualified to compete in a fortnight at Little Athletics NSW Youth Championships. Zara managed her best jump of 4.24m in round three to place 9<sup>th</sup> and just miss the final by 2cm in a big field of 17 jumpers.



*Zara just missed the U14 Long Jump Final by 2cm.*





*See how far into the pit Alyssa lands! An awesome jump of 5.93cm for Gold in the U20 long jump*

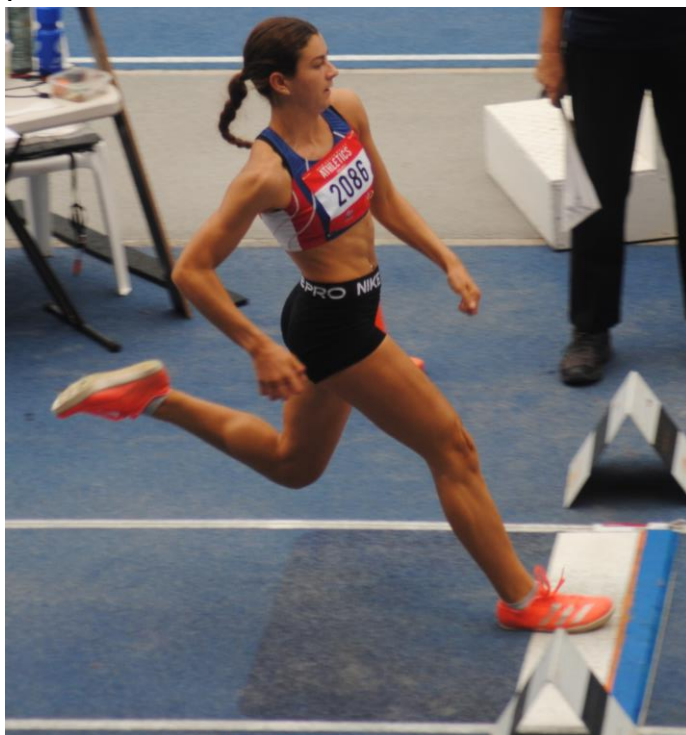
**Alyssa Lowe** was out for her second and final event of the Championships, jumping in the U20 long jump. Alyssa had finished an excellent 4<sup>th</sup> in the long jump at the NSW Opens carnival the weekend before with her fifth-round jump of 5.91m. In the U20's Aly clinched the Gold medal with her first-round jump of 5.93m. While still holding the lead after four rounds the event was called off due to lightning and Alyssa declared the winner.

**Sophie Kavanagh** was also competing in the long jump and was the defending champion for her age group. As with Aly, Sophie had competed in the NSW Opens as a warm up for Juniors and placed 9<sup>th</sup> in the elite Open Women's field there.

As with Aly, Sophie took control of the event from her first jump of 5.62m and then improved that to a national qualifying distance of 5.68m in round two. As was the case with Aly's group, the U18 long jump was suspended for some time before ANSW ultimately declaring the event finished and Sophie the State Champion for the second year running.

**Jess Johnston** was to have a busy Saturday in what were to be very hot and humid conditions, after her Friday night hammer throw was rescheduled to Saturday because of the Friday night storm. Jess would throw in javelin, hammer and shot put.

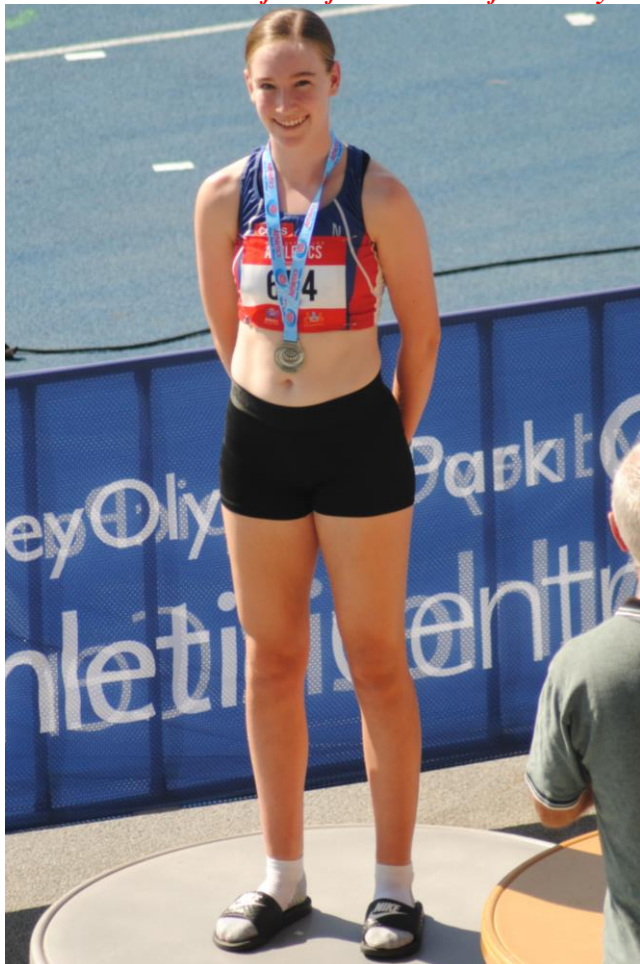
Jess's first event was the javelin and Jess had moved up to a new weight this year for Seniors. At the NSW Multi Event Jess had thrown a PB of 31.58m. Jess got off to a great start with an opening throw of 33.32m which took her through to the final eight in third spot. In her fourth and final round throw Jess absolutely ripped the javelin out to a new personal best of 36.84m for the silver medal.



*Sophie gives nothing away on the board.*



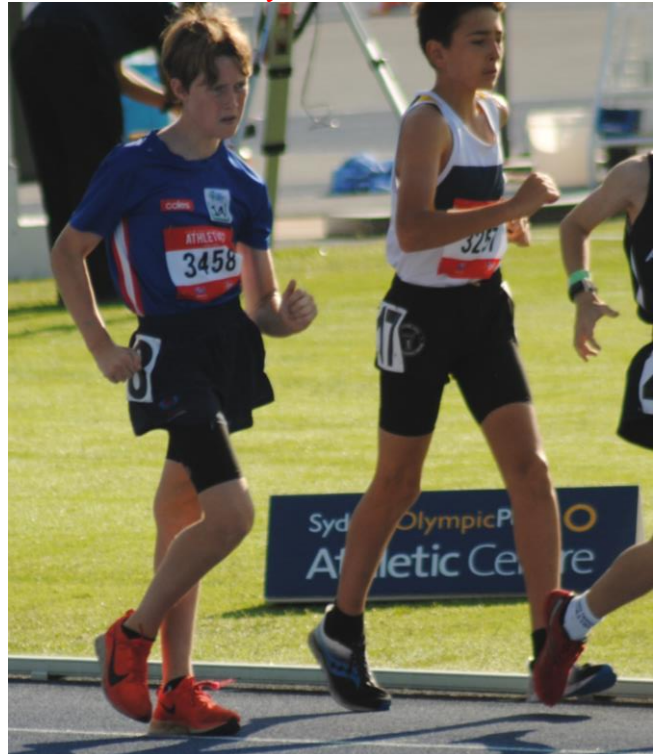
*Below Jess collects her first of three medals for the day*



**Maxwell Mayhew** set a Ryde best performance on record for a 13-year-old boy in the 3000m walk at the NSW All Schools last December when he walked a time of 16m 49.50sec. In his first 3000m event since then, Max came home in a huge personal best time of 16m 10.55s to place 4<sup>th</sup> in the U15 3000m walk and the third placed NSW athlete and so picked up the bronze medal. Max's time is well under the qualifier for the 2021 Australian Juniors and is also about 20 seconds

under the current time he would need as an U16 in 2022, so all up a great morning for Max.

*Below Max on his way to Bronze in U15 3000m W*



**Zara Pawsey (below)** was out for her first NSW Juniors final, the U14 400m event. Zara came home in a time of 66.93s to place 8<sup>th</sup> in the State.



**Sophie Kavanagh** was meant to compete in the U18 Javelin on Friday night but the event was postponed because of weather. Out at the warm up track Sophie improved on her first five throws to finish with a best throw of 37.12m to place just out of the medals in 4<sup>th</sup>.

**Caitlin Waldron** was out next, competing in the U17 shot put event. Caitlin's season has been one of huge improvement especially with her shot put where she broke through the elusive 12m mark earlier this year. Caitlin wasn't quite able to match her PB but did finish with a big throw of 11.78m in her third round to take 6<sup>th</sup> place at State.

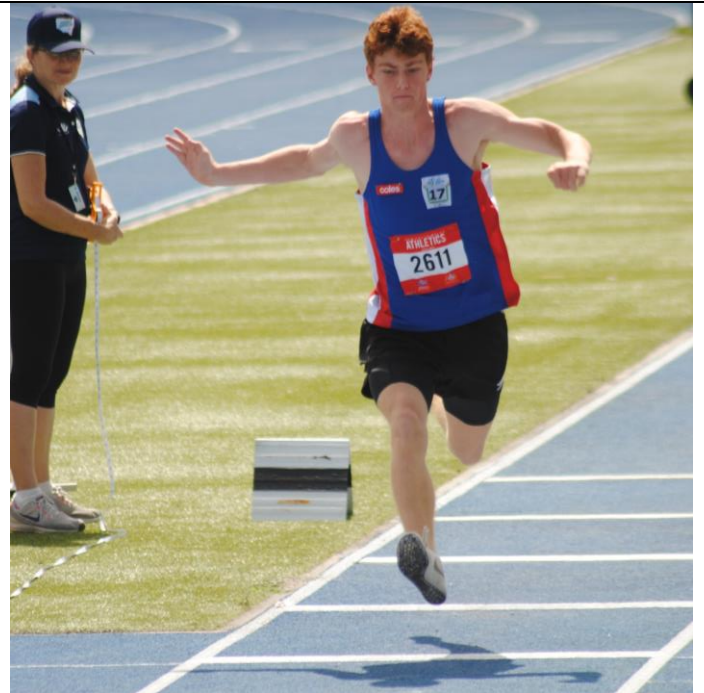


*Above Sophie got to collect her U18 long jump gold on the Saturday*

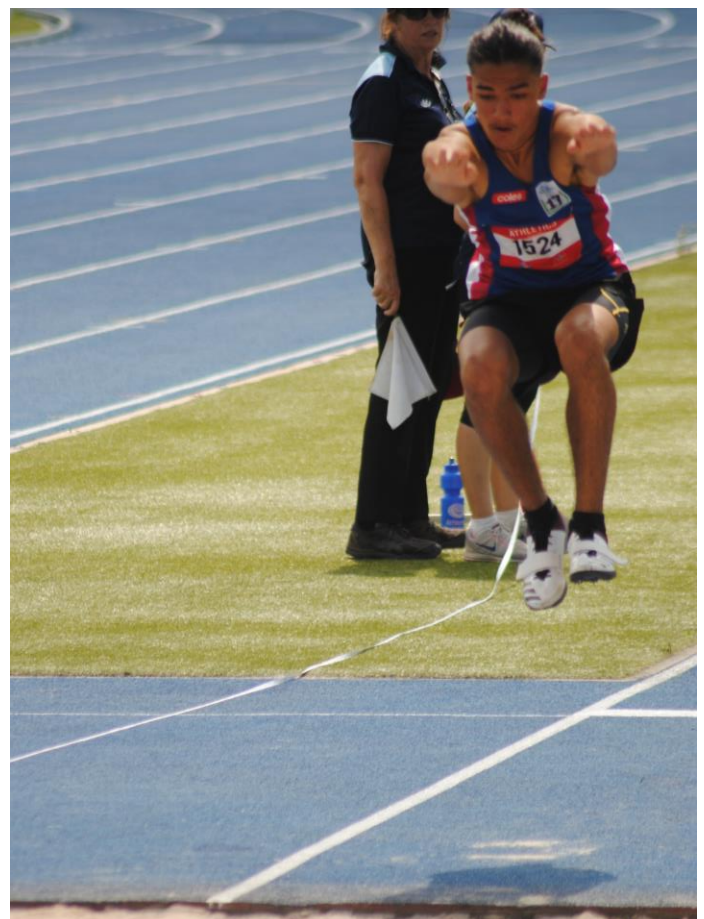
Ryde had two representatives in the U17 Men's Triple jump **Aidan Mannasz** and **Jeremy Plummer**.

Jeremy had already qualified for the Australian Juniors in Triple jump after finishing third at the 2020 NSW All Schools. **Jeremy** had a best jump of 12.16m in round 2 to place 5<sup>th</sup> place overall but 4<sup>th</sup> in NSW. **Aidan** got his best jump out in round three when he leapt out to 12.70m and was to finish 4<sup>th</sup> overall but third NSW athlete and so bring home a bronze and will join Jeremy in the U17 triple jump at the Australian Juniors.

**Jess Johnston** next competed in the U15 hammer throw which had been rescheduled from the Friday night.



*Above Jeremy & Below Aidan have both qualified for the Australian Juniors in Triple Jump*



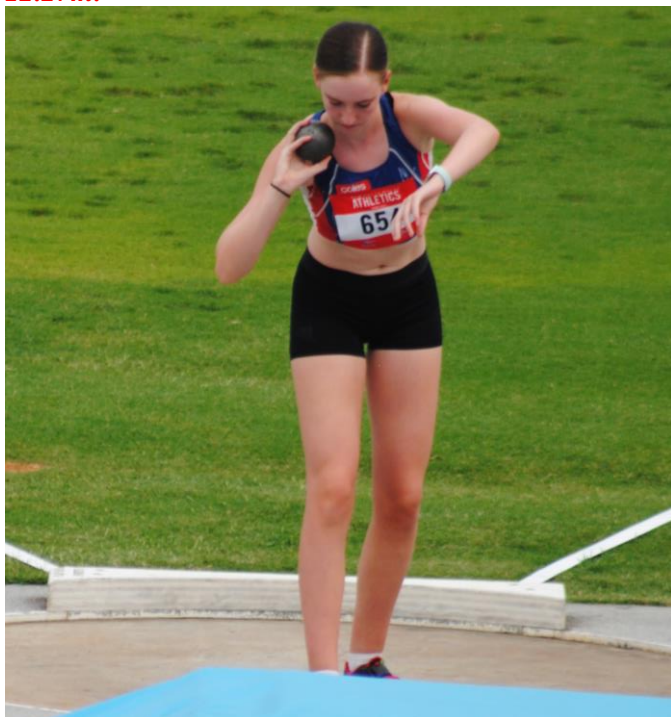
After three rounds Jess was in a strong position holding down second with her best throw of 36.80m but in the final round even though Jess managed a better throw of 36.98m, she was just pipped out of second into the bronze position, her second medal of the day.



*Above bronze in the hammer throw for Jess. Right Bronze for Aidan in the U17 Triple Jump.*

**Jess Johnston** went straight from the hammer throw to her third throw event of the day, the U14 shot put. Jess had been steadily improving over the season with her shot put but blew all her previous bests out of the water in a brilliant competition. In her third round Jess got the shot put out to a new personal best of 11.57m to put her into third going into the final round. In the final round Jess threw the shot put a whopping 12.27m to become Ryde's youngest female 12m plus shot put thrower and win herself the silver medal. A great day for Jess finishing with two silvers and a bronze.

*Below Jess steadies before launching the shot put to 12.27m.*

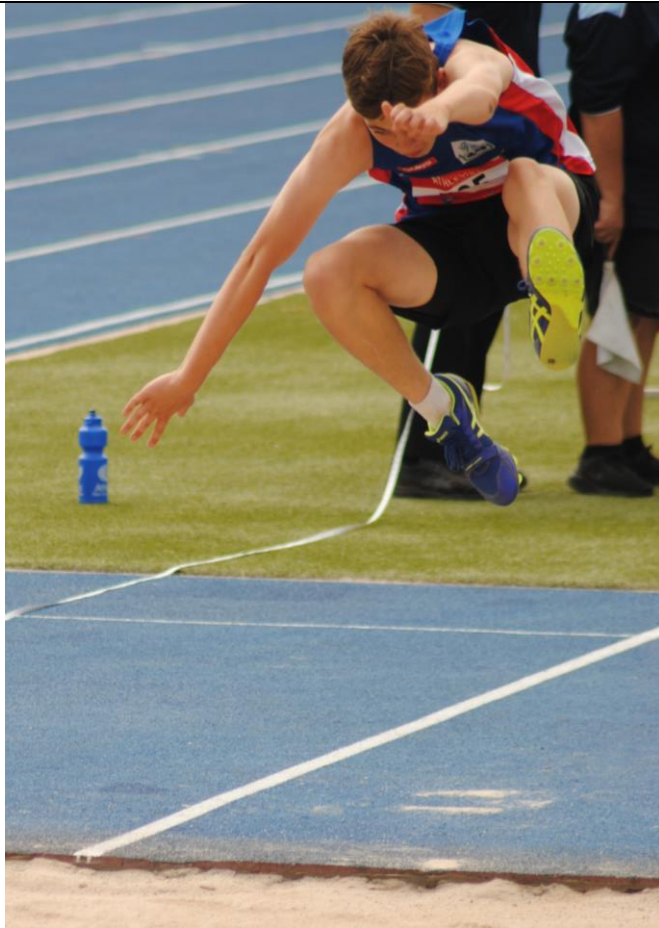


**Owen Chandler** was making his first appearance of the Championships in the U15 Boys Triple Jump.

The previous weekend Owen had placed 5<sup>th</sup> in the U14 Boys at the Little A State Multi Championships and had produced PB's in five of the six events he contested there. Having placed third in this event at Juniors in 2020, Owen got his equal best jumps out in round one and two when he landed at 11.28cm in both to hold the bronze spot right through the competition and again claim a spot on the NSW team for the triple jump.

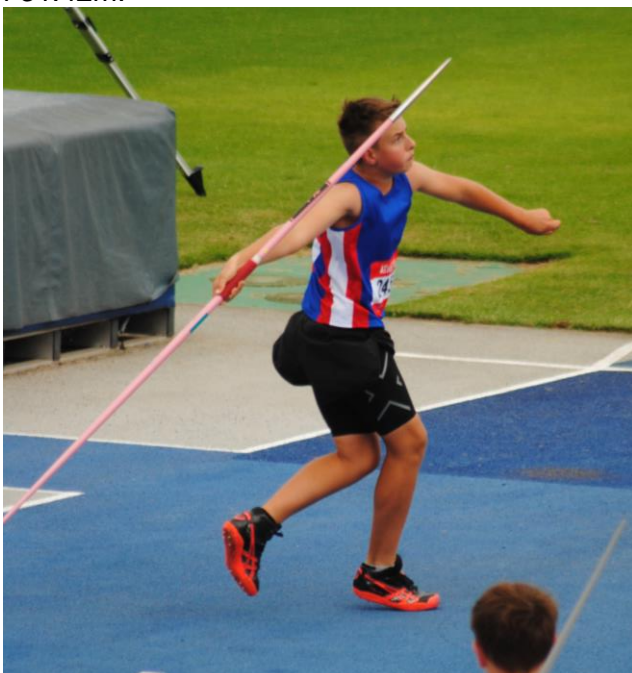


*Owen bronze in U15 triple jump*



*Above Owen in round two 11.28m*

**Lachlan Waldron** was competing in his pet event, the U14 javelin. Lachlan who has qualified already for javelin at the Australian Juniors, had won the gold medal in this event at the ACT U14-U18 Junior Championships in February and was keen to get out another strong performance and he certainly finished the day well. Lachlan (below) secured the silver medal with his first round throw of 31.42m.



*Above silver for Lachlan in the U14 Javelin.*

Ryde has always had a good crop of middle-distance runners and eight of our runners were out in the 1500m. Among them were three young runners making their NSW Juniors debut in the U14M 1500m finals – **Axel Bruntsch, Benjamin Woodhouse and Julian Smith.**

After winning gold at the ACT Junior Championships in both the U14 1500m and 800m and having already run nationals qualifying times in both events this season, **Benjamin Woodhouse** was ready for a big race. Ben went out with the front pack of five and by the second lap had settled into third spot, a spot he was able to hold for the balance of the race and come home in a new PB time and a new Ryde best performance on record of 4m 33.67s.

**Axel Bruntsch** has continued to bring his times down over the season but had been specialising more in the 800m than the 1500m at ANSW events. Having spent the week trying to shake off a cold, Axel ran a good time of 4m 46.00s to take 8<sup>th</sup> at State.

**Julian Smith** has qualified for all three middle distance events at the NSW Little Athletics Youth Championships and so as with Axel & Benjamin was getting in some top race experience over the Juniors weekend. Julian picked up a few spots with each lap and placed 15<sup>th</sup> in a time of 5m 07.26s.



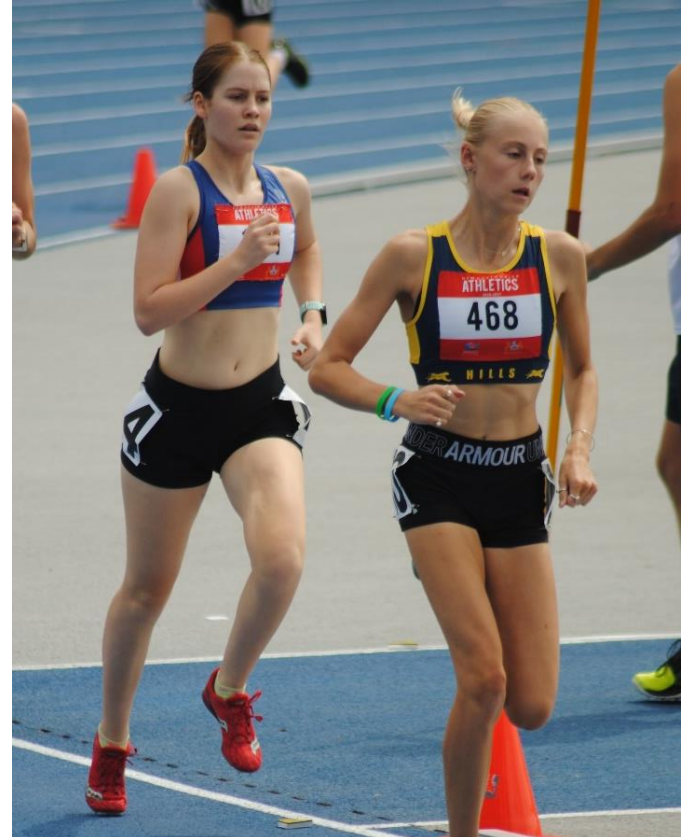


*Above Benjamin, Axel & Julian in the U14 1500m. Below Benjamin bronze in the U14 1500m & Claudia in the U16 1500m*



With the day heading over the 30C mark **Claudia Wilson** headed out on to a very hot track in the U16 women's 1500m. **Claudia** finished 13<sup>th</sup> at state in a time of 5m 23.78s.

**Oliver Smith** was our next runner out competing in the U16 men's 1500m. Oliver moved himself up two spots over the final lap and came home with plenty of speed to stop the clock at 4m 23.57s to place 5<sup>th</sup> at State. Last year Oliver placed 10<sup>th</sup> in this event in a time of 5m 15.74s so a huge improvement for Oliver.



**Zara Warland** competed in Canberra a few weeks ago in the ACT Open & U20 Athletics Championships running U18 national qualifiers in the 800m and an excellent time in the 1500m there. Zara's race went off at a really quick pace and Zara stuck with the front pack for the first two laps before that group split into two for the final two laps. Zara held her position at 6<sup>th</sup> for the whole race and came home in a time of 4m 49.19s, an excellent time given the conditions.



*Above Oliver 5<sup>th</sup> & below Zara 6<sup>th</sup> at State in the 1500m*



In one of the biggest 1500m fields of the meet, the U18 1500m, Ryde was represented by **Adam Bruntsch and Ashton Hanna**.

**Adam Bruntsch** has been inching closer and closer to running a sub-4-minute 1500m. At the NSW Open Championships, the weekend before Adam had finished in as time of 4m 01.82s. In the

extremely hot and humid conditions on Saturday afternoon Adam tucked himself in with the front pack. So close were the front pack that less than a second separated the top five runners for each of the first three laps. At the bell Adam was holding 3<sup>rd</sup> place by .05sec and fought all the way down the home straight to be pipped into 4<sup>th</sup> spot in an excellent time of 4m 03.69s.

Ashton was chasing a personal best time in the 1500m having set a new mark of 4m 16.88s at Canberra. He must have been pleased when he stopped the clock at 4min 12.54s and 7<sup>th</sup> spot, a great improvement over a season that has been marked by many new personal bests.



In the heats of the U14 100m Ryde was represented by **Yahya Ali and Aiden Wright**.

Down at Dunbar the Saturday before Juniors, **Yahya** broke the Ryde Little Athletics U13 Boys 100m record of 12.94s (standardised) that had stood for 23 years. Yahya brought that record down to 12.27sec. The same day **Aiden** broke the Ryde Little A record for the Boys U13 400m when he ran his first sub minute 400m taking 0.8sec off the record to set a new mark of 59.6s.

It's remarkable that both those times would be under national qualifying times had they been run at an ANSW meet. More remarkable is they were run on grass.



*Above Ashton on the way to a four second PB and below Jess had a good day at the office!*



*Above Yahya and below Aiden, 1<sup>st</sup> and 6<sup>th</sup> in the U14 100m final*



Yahya ran in the first heat and finished in a PB time of 12.14s to go into the finals as the firm favourite. Aiden ran 4<sup>th</sup> in heat two and stopped the clock at 12.54s to also qualify for the final which was held as part of the track Classic. Much to the disappointment of many ANSW parents and friends, Athletics Australia didn't show the Junior 100m finals as part of their telecast but in the final where only 0.02sec separated 1<sup>st</sup> and 3<sup>rd</sup>, Yahya dipped best to collect his first State title. Aiden placed 6<sup>th</sup> in 12.66s.



A quick scan around the results for Junior Championships in Qld, Vic, SA, Tas, WA and ACT shows only one U14 athlete who had run a slightly faster time in those States' Championships than Yahya. So nationals should be a good competition for Yahya.



**Jack Baker** (above) ran in the final of the U18M 400m. With his signature style Jack fired up in the final 200m to storm pass some competitors and come home a very happy 5<sup>th</sup> at State with a new PB time of 51.71s. In the 2020 NSW Juniors Jack had placed 11<sup>th</sup> in 54.16s in the 400m. Clearly Jack's hard work is paying off.

If day two was marked by humidity and heat then the final day of the championships couldn't have been more different with wind, rain and very cold conditions greeting the first competitors and delaying the start of competition.

Our first track competitors were **Claudia Wilson** and **Georgia Phillips** in the U16W 2000m Steeplechase.

**Georgia Phillips** (middle & bottom right) only ran her first Steeplechase at Bankstown in late February where she finished 15sec under the national qualifying time. On Sunday at the end of the first lap Georgia was sitting in 2<sup>nd</sup> position but moved herself up over the lap to be 1<sup>st</sup> by the second lap and maintained that position to win her first State title in a new PB time of 7min 29.67s.

**Claudia Wilson** (top right) had also qualified already for the Steeplechase at the Australian Juniors and maintained good speed around the track and over the steeples to claim 5<sup>th</sup> spot in a time of 8m 06.24s.



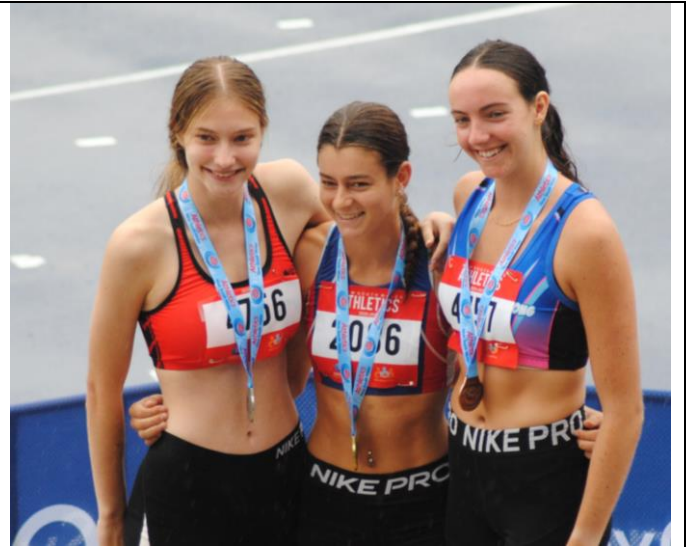
It was an early start on Sunday morning for **Jeremy Plummer** at the U17 Long jump and **Sophie Kavanagh** at the U18 High jump event.

Jeremy had had a really solid performance the previous weekend at the NSW Little Athletics Multi event where he placed 6<sup>th</sup> in the U17 Boys. He had also been part of Ryde Club Championships team where he had finished 3<sup>rd</sup> in the long jump part of the event.

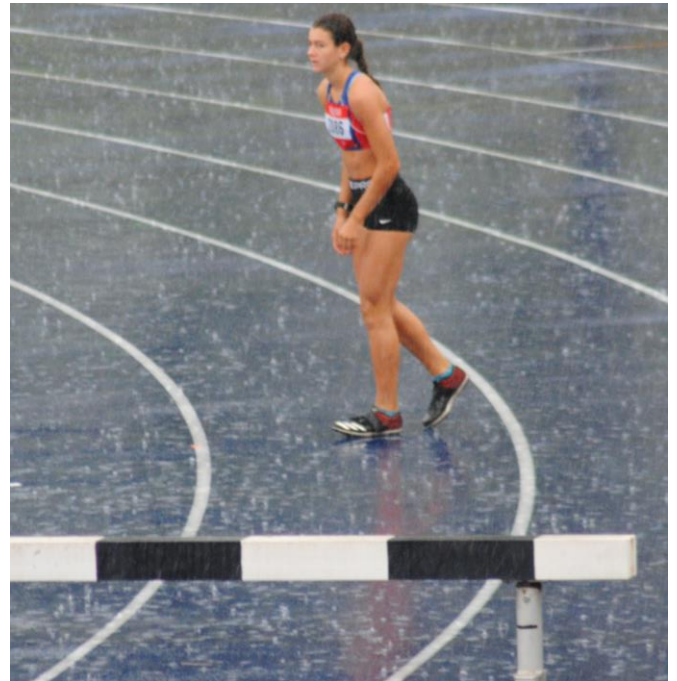
**Jeremy's** event was heavily impacted by the rain and eventually called off after three rounds when the pit was just too water logged to continue. Jeremy's jumps were all within 12cm finishing with his 3<sup>rd</sup> round jump of 5.80m for sixth at State.



**Sophie** had moved her competition PB in high jump to 1.70m this season, thereby securing her a spot at nationals. The rain and wet track weren't the best for high jump but Sophie still finished with her second state title of the championships after clearing 1.65m.



*Above Ryde's dual State title holder from the Championships, Sophie Kavanagh U18 long & high jump. Below it was good conditions for ducks but no so good for athletes.*



Back at the steeplechase Ryde had another 5 competitors over the early morning and next out was **Elli Barron** in the U17's and **Arabella Price** in the U18 event.

Unfortunately, a foot injury at school sport on Saturday saw **Elli** having to pull out quite early in the event to prevent further damage.

**Arabella** hadn't run a steeplechase since she won the Junior's title in 2020. For the middle two laps Arabella sat in 2<sup>nd</sup> position but by the time she got the bell Ara was in front by nearly a second. In a display of strength, she widened that margin to over five seconds and retained her state title and stopped the clock at 7m 44.96s



*Above Arabella & Nicholas in the Steeplechase. Even on the last steeple, Nicholas was easily clear. Right Aidan heading over the bar and Brendan & Aidan on the podium.*

**Aidan and Brenadan Mannasz** were competing in the U17 Pole Vault. Last year **Rory Davison** had won the U16 title for Ryde and with Rory still recovering from injury (but back on the Dunbar track I'm pleased to see) it was up to Aidan and Brendan to bring the title home for Ryde. Aidan finished with a vault of 2.60m and Brendan 2.20m. It was lovely to see Rory Davison there cheering for the boys along with Mia Marshall & her mum Kirsty in those awful conditions.



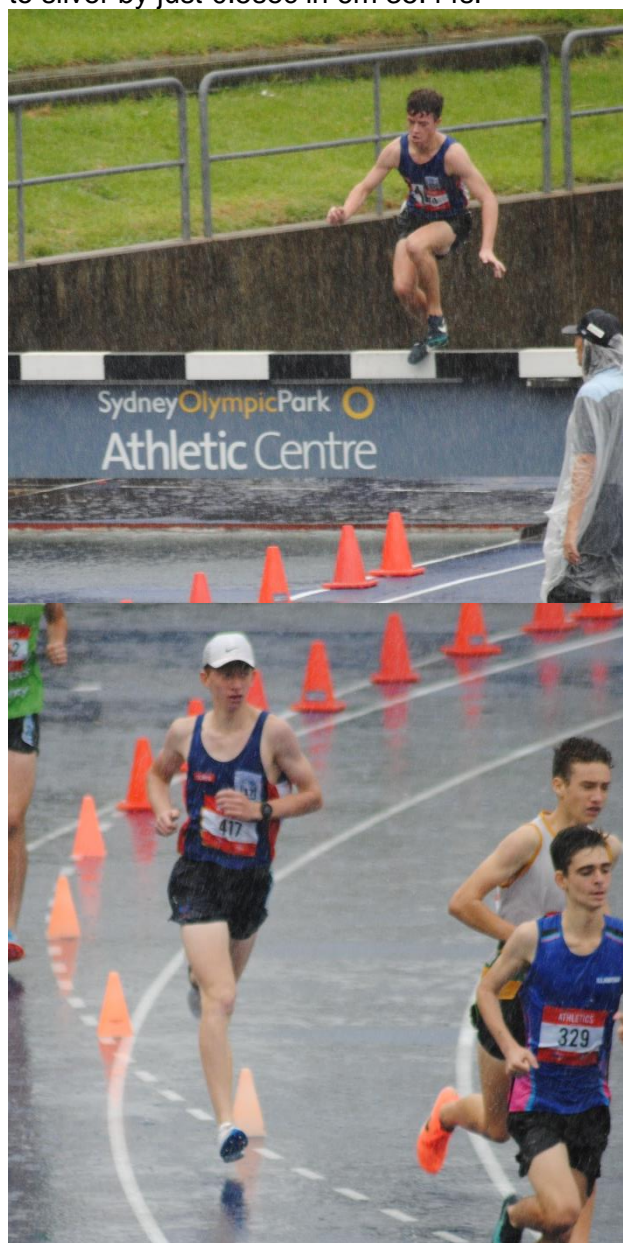
**Adam Bruntsch** and **Ashton Hanna** were the last of our runners to get out on track and into the water jump. Adam was the defending champion for his age group, having won both Juniors and the All Schools Championships in the past twelve months.

Adam went out like a man on a mission leading from start to finish. By the end of the second lap Adam's lead was 11 seconds and increased to 18 and then 20 seconds over the final laps. Adam stopped the clock at 6m 14.66s to retain his state title.

Ashton had to battle for his silver and he dug deep especially in the final lap. At the bell Ashton was .30 seconds off silver but picked up speed to move to second. Ashton then faced competition from another runner over the last 200m to hold on to silver by just 0.5sec in 6m 35.44s.

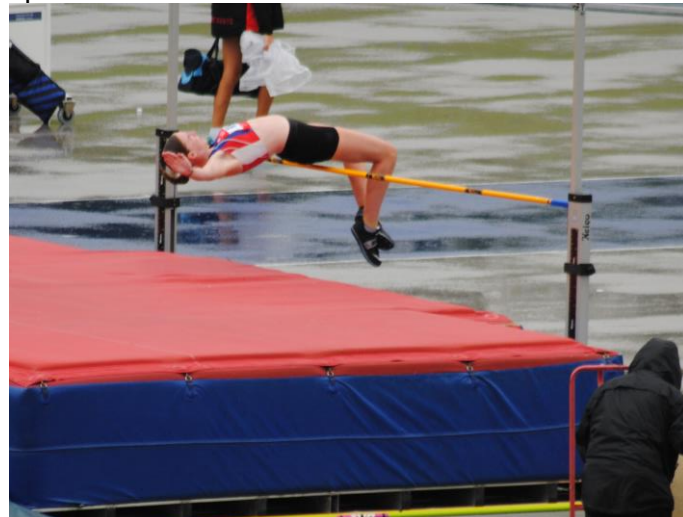
Men 2000 Metre Steeplechase 84.0 cm U18 Section 1 Results Finals			
Results			
1	BRUNTSCH, ADAM	RYDE ATHLETICS CENTRE INC	6:14.66
2	HANNA, ASHTON	RYDE ATHLETICS CENTRE INC	6:35.44
3	SARKIES, WILSON	SYDNEY ATHLETICS ACADEMY	6:35.94
4	GORMAN, CAMERON	U.T.S. NORTHERN SUBURBS A	6:41.45
5	MURPHY, THOMAS	BLUE MOUNTAINS ATHLETICS	6:46.66
6	COOK, LOGAN	MINGARA ATHLETICS CLUB INC	6:52.18
-	LEMON, JAMES	ATHLETICS ACT	DNF

*Above our second one, two finish of the morning. Ashton & Adam on the podium*



**Jess Johnston** (below) was finding the wet conditions difficult to throw in as were many throwers across the day. Jess still managed to make the top eight and then finished 6<sup>th</sup> with her final throw of 27.24m before heading straight over to high jump.

At high jump, Jess was to place 8<sup>th</sup> with a distance of 1.45m. After six competitions over the three days Jess was to leave with two silver, a bronze and a spot at nationals in all four throws events.



**Aiden Wright** was the first of our sprinters out on the track. Aiden had already secured a 200m qualifying time this season and was looking to reduce his time further. After finishing 6<sup>th</sup> in U14M 100m final Aiden was also looking at improving on that position in the 200m. In the heats Aiden finished 2<sup>nd</sup> in the first heat and was 3<sup>rd</sup> fastest qualifier for the final in a time of 26.20s.



*A determined looking Aiden through to the U14M 200m final. Below congrats with Ryde Little Athlete Josh Smith who finished 3<sup>rd</sup> behind Aiden in the heat & also qualified for the final. Top right Ruby in the 200m heats also through to the final.*



It was great to see **Ruby Worrell** out for her first event of the Championships when Ruby ran in the heats of the U16 200m. Ruby placed 2<sup>nd</sup> in the heat in a time of 26.22s and also qualified for the finals as 3<sup>rd</sup> fastest.



**Owen Chandler** was out for his second jumps event of the Championships, this time competing in the U15 Long Jump. Owen's best jump was in round three, 5.03m which placed Owen 8<sup>th</sup>.

**Caitlin Waldron** (below) was out for her third and final throws event of the Championships, the U17 Discus. Although the circle was waterlogged, Caitlin improved her distance across the competition and ended up in 6<sup>th</sup> place with 29.33m.







*Above Owen at Long Jump*

**Aiden Wright** had been landing some impressive jumps down in the pit at Dunbar and was looking to produce some of that form in the Mens Long Jump.

Aiden (below) wasn't quite able to nail his run up and so was jumping well before the board. Even so, Aiden finished just 6cm off the bronze medal with his 3<sup>rd</sup> round jump of 4.80m.



Aiden had to quickly shift focus with the 200m finals starting just after his long jump final. In the 200m final Aiden had a great run with a battle up the home straight for third but pulled away to take the bronze by a couple of metres on the line in a time of 26.61s.

Ruby was out for her final next in the U16W 200m. When Ruby hit the straight she was a few metres behind first and second but with each stride Ruby gained, moved into second place and by time she crossed the line was still running down first. Ruby picked up the silver and was just 0.08s off first in a time of 25.59s.



*Above Aiden comes into the straight and powered home for bronze. Ruby powers past Chelsea Ezeoke for silver in the U16 200m final*



*Below Yahya had to come back on Sunday for his medal presentation for the U14M 100m.*





*Above Aiden picks up his first State medal, bronze in the U14 200m watched on by his club and school mate Yahya. Below another impressive run from Ruby.*



In the U14 800m event, **Axel Bruntsch** and **Benjamin Woodhouse** had both broken the Ryde best performance on record for a 12yr old during the season and both had already set national qualifying times for the 800m. Both boys ran in the fastest of the two timed finals. As had been the 1500m the field got away to a quick start and Ben took the bell at 64.89s and Axel at 65.25s. Ben held his third spot around the second lap and was third across the finish line with Axel just getting



*Above Ben collects his second bronze of the weekend. pipped into 5<sup>th</sup> place on the line. Ben's time was 2m 14.73s and Axel's 2m 16.50s*

In the straight final of the men's U16 800m **Joe Harvey** took the bell in third spot but was able to pick up a spot in a final lap to finish with the silver medal in a time of 2m05.72s.

**Nicholas Woodhouse** also ran in the final and stopped the clock at 2min 36.90s for 9<sup>th</sup> at State.

**Lachlan Waldron** was competing in his second event, the U14 discus, which was held in drenching rain. Lachlan managed to finish 12<sup>th</sup> with his second round throw of 23.51m.



*Above Nicholas still had the legs to run an 800m in the afternoon after running his first ever 2000m steeplechase in the morning. Joe looks strong coming home.*



**Amelie Sun** had skipped the 1500m as she recovered from a cold but came out on the Sunday to be our sole female representative in the 800m.



*Above silver for Joe in the U16M 800m*

Amelie came home in 6<sup>th</sup> spot with a time of 2m 22.67s which was a great result given her less than 100% fitness.



*Above Amelie & Jack both contested the U18 800m*

**Jack Baker** ran in the second of three timed finals in the high fields of the U18M 800m. Jack was to finish in a time of 2m 11.41s to place 9<sup>th</sup> in his heat and 23<sup>rd</sup> overall.

It was great to see talented athlete **Jacob Leon** back out in the Ryde colours. Jacob was contesting his first ANSW event of the season and ran in the third of the timed finals. Jacob was 6<sup>th</sup> through the bell in a fast paced race and was to finish 8<sup>th</sup> in the heat and 11<sup>th</sup> overall in a season's best time of 2m 03.72s. I hope we see more of Jacob on the track next season.

The rescheduled 3000m from Friday night were the last events on the schedule.

**Julian Smith**, who had qualified for the 3000m at Little Athletics NSW Youth Championships was competing up an age group to get the race experience. Julian finished 18<sup>th</sup> in the U15M 3000m in a time of 11m 12.28s.

**Oliver Smith**, was next out in the U16 3000m. Oliver was sitting towards the back of the field for the first few laps but mid race picked the speed up to move to 5<sup>th</sup> place and he stayed there for the remainder of the race. As he crossed the line Oliver was looking strong and finished in a time of 9m 41.90s.

**Georgia Phillips** (below) had earlier in the day secured a gold medal in the U16 Steeplechase. In the 3000m Georgia had already obtained a national qualifying time for the 3000m. In the U16 event Georgia also placed 5<sup>th</sup> in a time of 10m 42.62s.



**Ashton Hanna** had also run the Steeple in the morning and returned for the U18M 3000m. Ashton was to place 11<sup>th</sup> in a time of 9m 30.05s.

Ryde Seniors would also like to acknowledge the results of Ryde Little Athletics who compete for other Senior clubs that we noted over the weekend.

**Josh Smith** (below) Gold in the U14M 400m & 5<sup>th</sup> in the U14M 200m.

**Eliza Da Silva** 5<sup>th</sup> in the U18 100m & 4<sup>th</sup> in the U18 200m

**Ben Stevens** 1<sup>st</sup> in U17 shot put and discus



*Below a thumbs up from Rory for the weekend, put to work out at the triple jump.*



***Congratulations and good luck to the 26 Ryde Senior Athletes who have been named in the NSW team for the 2021 Australian Track & Field Championships in the following events.***

<b>Yahya Ali</b>	<b>U14 100m*</b>
<b>Lachlan Waldron</b>	<b>U14 javelin</b>
<b>Aiden Wright</b>	<b>U14 100m, 200m*</b>
<b>Axel Bruntsch</b>	<b>U14 800m</b>
<b>Ben Woodhouse</b>	<b>U14 1500m, 800m</b>
<b>Owen Chandler</b>	<b>U15 Triple Jump</b>
<b>Max Mayhew</b>	<b>U15 3000m walk</b>
<b>Jess Johnston</b>	<b>U15 discus, hammer, Javelin, shot put</b>
<b>Nathan Barbara</b>	<b>Para U15 shot put, discus, long jump, 100m</b>
<b>Joe Harvey</b>	<b>U16 400m, U16 800m</b>
<b>Mia Marshall</b>	<b>U16 Pole Vault</b>
<b>Georgia Phillips</b>	<b>U16 3000m, 2000m Steeplechase</b>
<b>Claudia Wilson</b>	<b>U16 2000m Steeplechase</b>
<b>Ruby Worrell</b>	<b>U16 200m, 400m *</b>
<b>Elli Barron</b>	<b>U17 2000m Steeplechase</b>
<b>Aidan Mannasz</b>	<b>U17 Pole Vault, Triple Jump</b>
<b>Brendan Mannasz</b>	<b>U17 Pole Vault</b>
<b>Plummer, Jeremy</b>	<b>U17 Triple Jump</b>
<b>Timothy Forster</b>	<b>U17 110 hurdles</b>
<b>Adam Bruntsch</b>	<b>U18 2000m Steeplechase, 1500m, 800m</b>
<b>Ashton Hanna</b>	<b>U18 2000m Steeplechase</b>
<b>Sophie Kavanagh</b>	<b>U18 High jump, long jump</b>
<b>Arabella Price</b>	<b>U18 2000m Steeplechase</b>
<b>Zara Warland</b>	<b>U18 3000m, 1500m, 800m</b>
<b>Amelie Sun</b>	<b>U18 800m, 1500m</b>
<b>Alyssa Lowe</b>	<b>U20 &amp; Open Long Jump, U20 100 Hurdles</b>

\*These athletes will be eligible for selection in the NSW Relay teams – U14 4 x 100m and U16 4 x 200m. Selection will be made by ANSW during the Championships.