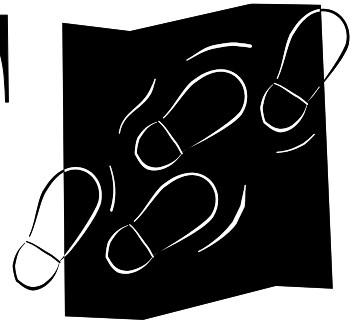




FOOTPRINT





Senior Division Nationals Apr 2021 Edition

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Well done to our Ryde Senior Athletes at the Australian Athletics Championships.

Last time our athletes got to compete at the Australian Track & Field Championships in 2019, Ryde Seniors only had 12 athletes qualify. This year we more than doubled that number. Ryde Seniors recorded some outstanding results over the past 8 days and they are detailed inside. Special congratulations to our medallists

	Nathan Barbara PARA U15 discus & shot put Yahya Ali U14 4 x100m relay Ruby Worrell U16 4 x 200m relay
	Ruby Worrell U16 400m Sophie Kavanagh U18 long jump Jess Johnston U15 discus Adam Bruntsch U18 2k steeplechase



Jess Johnston U15 shot put
Nathan Barbara PARA U15 100m

Below 19 of our athletes gathered at Dunbar the Sunday before nationals for a team photo. Back Row Aiden Wright, Alyssa Lowe, Aidan Mannasz, Joe Harvey, Jeremy Plummer, Brendan Mannasz, Adam Bruntsch, Jess Johnston, Yahya Ali.

Middle row Nathan Barbara, Ruby Worrell, Elli Barron, Arabella Price, Sophie Kavanagh, Lachlan Waldron, Georgia Phillips

Front Row Axel Bruntsch, Mia Marshall, Benjamin Woodhouse
(Absent Zara Warland, Amelie Sun, Max Mayhew, Ashton Hanna, Claudia Wilson, Owen Chandler, Timothy Forster)

**medals on some of the athletes were won at the NSW Juniors*



The Australian Athletics Championships

At the Australian Track and Field Championships held from the 12th to 19th April at SOPAC, which saw over 3000 of Australia's best athletes compete, Ryde Seniors were represented by 26 athletes.

First out and making their NSW representative debut were two of our talented U14 boys, **Yahya Ali** and **Aiden Wright** in the first round of the U14M 100m. The boys had been training together with Ross Forster in the lead up to the meet and we were excited to see how well they could do at nationals.

Aiden (below) was out first in the fastest heat of the boys and placed 4th in the heat and 10th overall in Australia with a time of 12.70s.



Yahya, (top right) the NSW Junior's Champion in this event, competed in the second heat and after a nervous wait following a false start in his heat, Yahya stopped the clock at 12.60s in second place, to secure his spot in the final.

Aust Championships Unofficial Women 400 Metre U16 H3-P

1	Jazelle Carter	QLD	56.97
2	Ruby Worrell	NSW	57.69
3	Sophie Rogers	NSW	57.86



Joe Harvey had qualified for both the 400m and 800m event and had had to miss the 400m at the NSW Juniors due to a school sports clash. Joe's preferred event is the 800m so the 400m run was to be a good national warm up for him. Joe ran in the fastest heat where he placed 9th and finished 15th overall in Australia in a time of 54.33s.

Below four of our sprinters out on day one Aiden, Joe, Yahya & Ruby



Ruby Worrell was our next 400m runner out in the U16 event. Having skipped the 400m at NSW Juniors we were keen to see how Ruby would run her heat. Just as she did at the 2020 NSW All Schools, Ruby went out hard from the gun and commanded a good lead turning into the straight. With her spot in the final secured, Ruby eased off to cross the line in 2nd place in a time of 57.69s.

Jess Johnston was out for her first field competition, the U15 hammer throw. In 2019 Jess had qualified for national primary schools' athletics but had to pass as she was representing NSW primary schools in the national netball championships at the same time. In 2020 Jess again qualified for nationals but Covid called an end to that. National All Schools was also cancelled in December 2020 so Jess was really eager to finally get out and throw for NSW.

Going into the event, Jess had been aiming to make the top 8 for the final. After two rounds with throws of 33.81m and 32.39m it was looking like Jess might pull up just short of 8th. Jess has however, over the past couple of seasons regularly pulled out new PB's at big competitions and that was to be the case here too. In the third round, Jess let out a huge pb throw of 39.76m to move herself up from 9th to 4th for the final round. In the final round Jess was able to claim bragging rights when she had the best throw of the final round (39.46m) and finish 4th in Australia. A great start to the four throws events Jess was to contest at nationals.

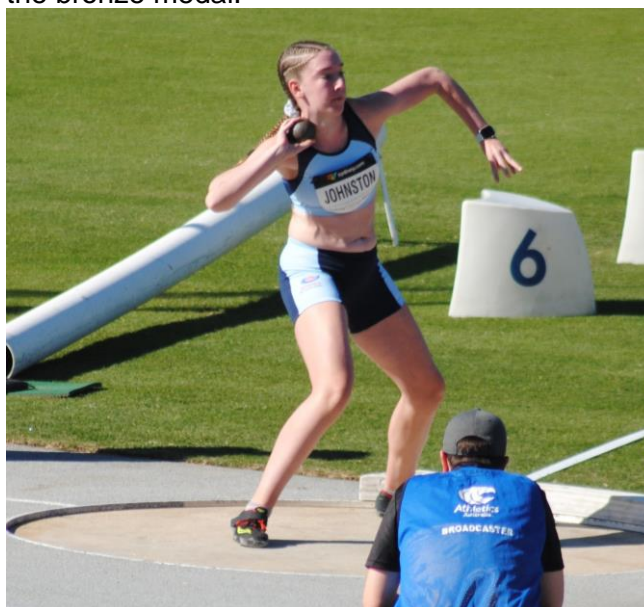
Yahya Ali was back out in the finals of the U14 100m blue ribbon event. Yahya was charging down the straight gaining with every stride and finished in a time of 12.36s for 4th place just .01s off the medals. A tremendous result in what is always one of the most highly contested events at nationals. The fact that four of the finalists were from NSW would be a good omen for Yahya's next appearance - the U14 4 x 100m.

Our final competitor of Day 1 was **Ben Woodhouse** (top right). Ben is another of our amazing U14 boys making their debut at nationals this meet. Ben ran in the fasted of the two timed finals of the U14 1500m. Ben ran a really well paced race with his lap times not differing too much and was to finish in 4m 33.71s for 9th place in Australia, This was the third time Ben has stopped the clock at 4m 33s this season.

It is just as well that **Jess Johnston** (at right) is a morning person as three of her throws events were listed as the first event of the day. On the second day of the Championships Jess was out in the U15 shot put competition. In the very first round Jess got the shot out to 11.87m which was to be the equal best throw for the first two rounds of the competition. Going into the final round Jess was third on count back and held that spot to take home Ryde's first medal of the meet a bronze.



Jess's rounds were 11.87m, Foul, 11.68m, 11.78m. All three throws would have secured her the bronze medal.



Mia Marshall got off to a nervous warm up in the U16 Pole Vault when her Poles couldn't be found. Once located though Mia got underway and through the rounds to finish with a first-time clearance of 2.55m to take 7th place in Australia.



Above Mia hangs in the air. Below Jess with proud parents Danielle & Dave and the bronze medal for U15 shot put. Top right Jess & Mia were out on the field at the same time.



Below Max crosses the line in 16m 22.22s



Max Mayhew was another of our athletes making his nationals debut. Max competed in the U15 3000m Walk and finished in 10th place in Australia with a time of 16m 22.22s. Max's lap times were fairly consistent although he did come home with a burst of speed on his final lap and another time eight seconds under the current national qualifying time for the U16's.



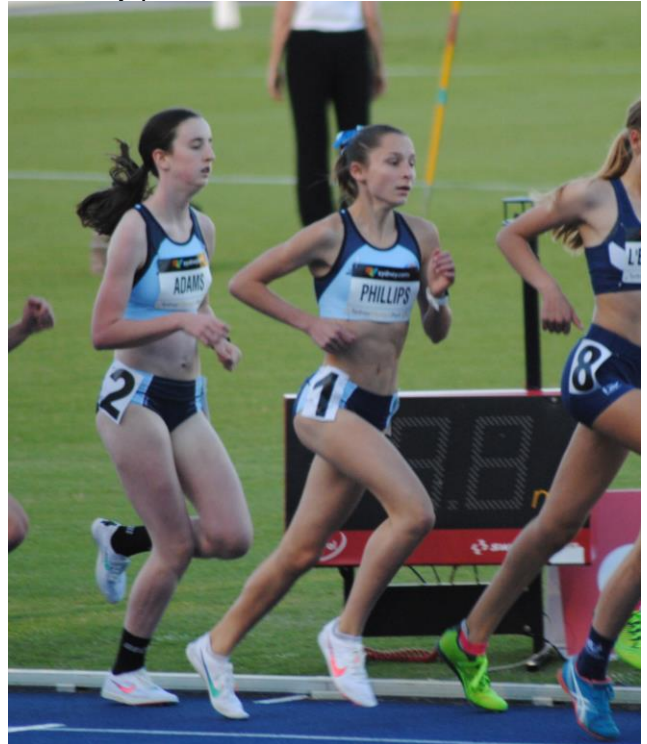


Ruby Worrell (above & below) had gone into the final of the U16 400m with the 4th fastest heat time and ended up drawing lane eight. Ruby bolted out of the blocks, passing the runner in lane nine well before rounding the bend into the back straight. By the time the girls hit the home straight Ruby was around five metres behind the leader but then hit another gear and started to mow that space down over the final 70m before finishing just .27s off first in her best time for 2021 of 56.66s for her first national medal, a silver.



Above silver for Ruby U16 400m. Yahya about to take the baton. Yahya's sensational leg moved the team from 4th to 1st place in the U14 4x100m

Georgia Phillips (below) had had a great season and had qualified for two events at nationals and was competing in her first, the U16 3000m. In a fast field Georgia did well to stick with the fast pace for the first few laps and ultimately placed 15th in a time of 11m 07.01s



Our final athlete of day 2 was **Yahya Ali** in the U14 4x100m. Yahya had been disappointed when he missed a bronze by a whisker in the U14 boys 100m and was looking forward to having another crack at bringing home a medal.



The boys' team trained their baton work for a couple of hours before the event and it did the trick. Yahya running the second leg and starting way back in the zone, took the baton with the NSW team in 4th place but then absolutely blew down the back straight and was first to pass the baton to his teammate. The NSW team then kept their lead around the bend and across the finish line in a time of 48.36s. Yahya was to win Ryde's first national title of the Championships.



Day two had started pretty well for **Jess Johnston** when she picked up a bronze in the U15 shot put and Jess was out early on day three in the U15 discus. Jess had qualified for nationals with her throw of 35.61m and threw way past that on rounds one and two (36.11m and 37.11m) to take second spot going into the third round. In that round she was just pipped into third spot by 3cm so was to throw third in the fourth and final round. In that final round Jess put out a monster throw of 39.34m to move back into second place. After a nervous wait for the final two throwers, Jess was ecstatic to have secured herself her second medal of the meet, a silver and a new huge personal best.

Aiden Wright was competing at his second sprint event, the U14 200m after placing 10th in the U14 100m. In his heat run Aiden ran in the second and fastest heat and recorded a time of 25.14s to place fourth and advance to the final as the 6th

fastest qualifier. In the final Aiden got away well and finished in 6th place in Australia in a time of 25.20s. Aiden had finished the meet with two top ten finishes in the sprints in Australia, a huge achievement.



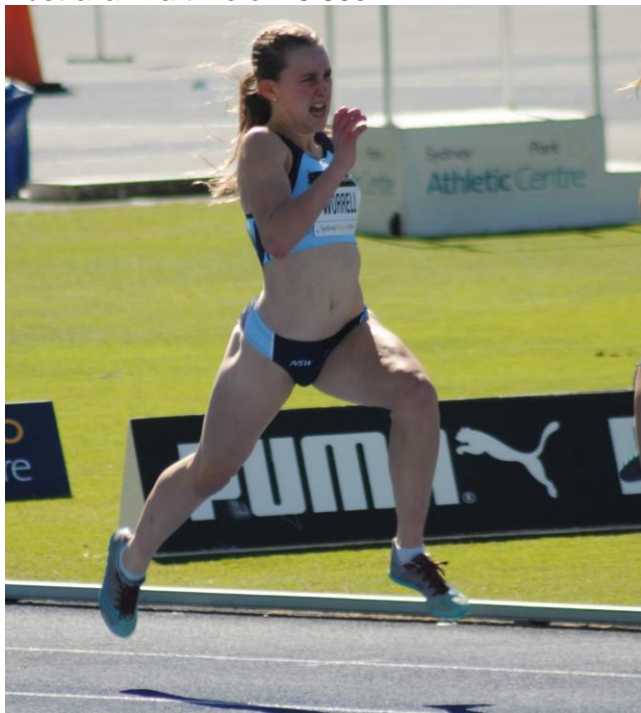
Above & below Jess Johnston, silver in U15 discus & bronze in U15 shot put. Sensational





Above Aiden Wright finished his first nationals with two top ten sprint results. Above on his way to 6th in the U14 200m

Ruby Worrell (below) was our next runner out in the U16 200m. Having secured a silver medal in the afternoon the day before, Ruby put in a strong run to place 4th in her heat and finish 14th in Australia in a time of 25.85s.



Axel Bruntsch was out making his debut in the U14 800m alongside **Ben Woodhouse** who had placed 9th in Australia on the opening day in the U14 1500m. The boys both ran in heat 3 and for much of the race ran within a metre or two of each other. Axel took the bell in fourth place in 63.43s and Ben just behind in 5th spot in 63.68s. Ben had the stronger second lap of the two and



Above Ben & below Axel U14 800m heats.

crossed the line in 4th place in 2m 14.35s and Axel in 7th place in 2m 15.63. Overall, Ben secured his 10th place and Axel placed 15th in Australia.





Joe Harvey (above) was out for his second event, the heats of the U16 800m. On the first lap Joe got boxed in on the inside and was lucky to keep his balance when he got checked a couple of times by other competitors around the 400m mark where he took the bell in 10th place. Joe kicked at about 420m and tried to make up the lost ground and did so picking up four spots to cross the line in 6th place in his heat in a new personal best time of 2m 03.17s. Joe placed 11th overall in the U16 800m.

Lachlan Waldron (top right) was another of our talented U14 boys. Lachie was throwing the javelin over at the warm up track. Lachlan got his best throw out in round one, 33.47m which was good enough to secure him a spot in the top eight. Lachlan finished in 7th place (33.47m; 30.29m; 31.30m; 30.81m;) and added almost another 2 metres to his result at ACT Championships in February so a great result.

Owen Chandler was another of our athletes who had intended to make their debut at nationals in 2020. Unlike the rest of the athletes, whose hopes were dashed by Covid, Owen's had already been



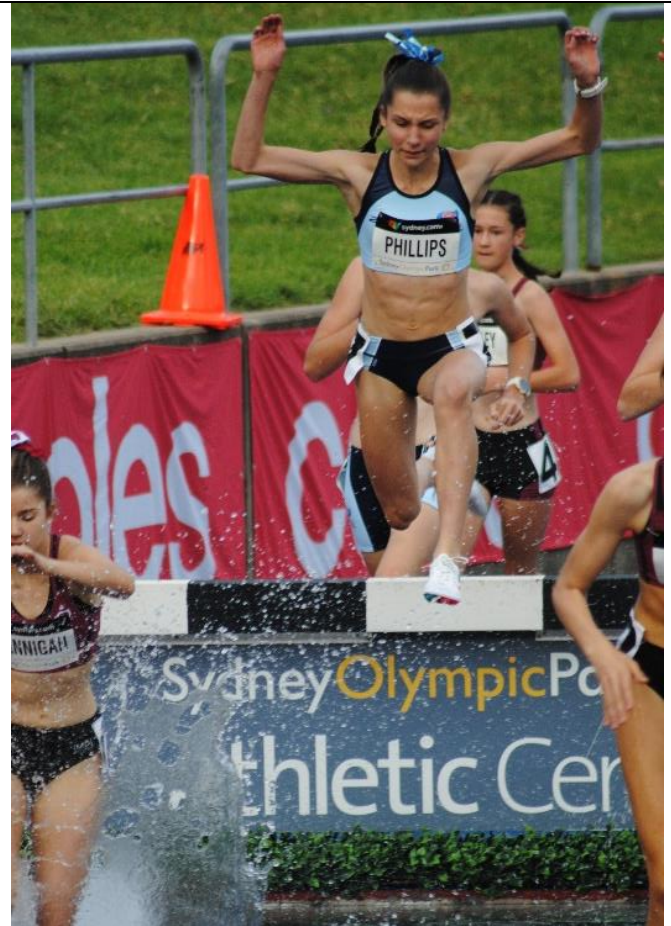
dashed a few weeks earlier when a sports accident at school saw his arm end up in a cast. After winning a bronze at 2021 Juniors, Owen got a consistent set of jumps out (11.38m, 11.47m, 11.19m) to miss the final by just 13cm. Owen placed 9th in Australia at his first national meet.



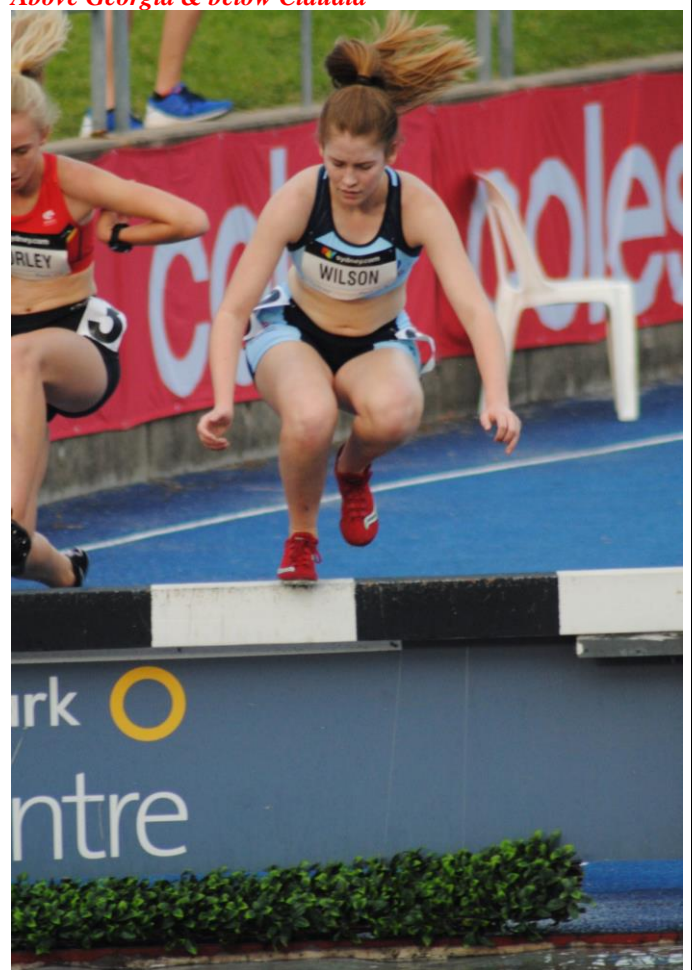
Alyssa Lowe can jump a very, very long way. The only problem Aly sometimes has is sneaking her toe over the board and that happened a couple of times at the U20 Long Jump Final. Even so, Aly showed her nerves of steel to land a third-round jump of 5.80m which was good enough to get her into the final. From there, Aly was able to land jumps of 5.81 and 5.91m to place 6th (Foul(0.5); Foul(2.3); 5.80m(-0.1); 5.88m(1.5); 5.91m(0.7); Foul(0.4)). A strong start to her competition and some good jumps ahead of her Open Women's qualifying on Day Five.



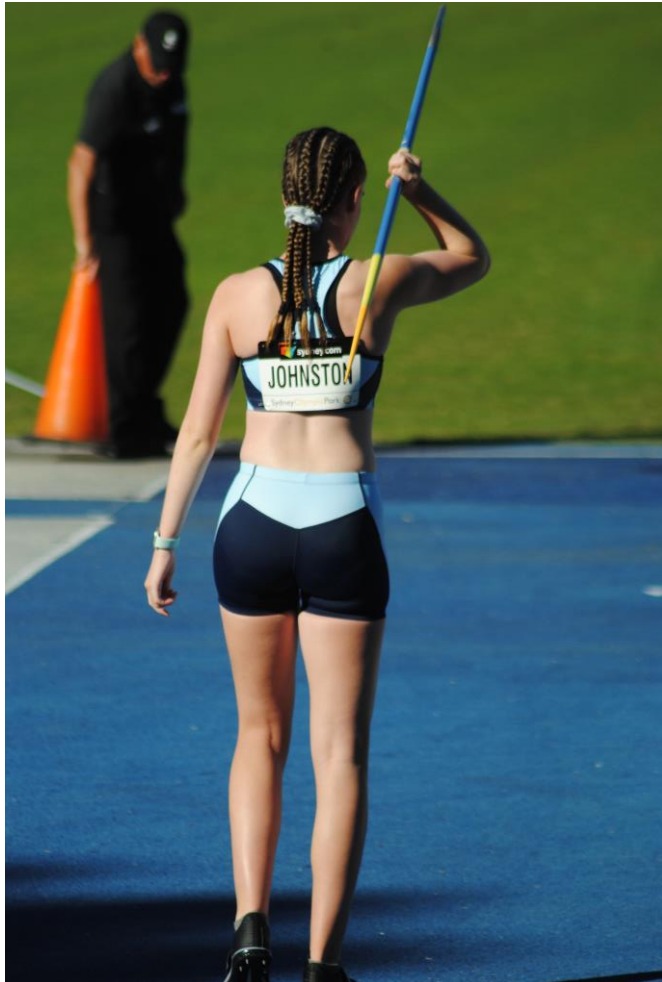
Claudia Wilson and **Georgia Phillips** were next out on the track in the U16 2000m Steeplechase. The steeple is an exhausting event as athletes have to clear a water jump without falling in, run in wet shoes, have to clear a steeple five times every lap and run a long way. Both girls had a good run with Georgia taking 6th and Claudia 12th place. Georgia attacked the race as she had the 3000m earlier, by going out hard and trying to stick with the front runners. Georgia was able to maintain 3rd for the first couple of laps before settling back to a steady pace to end up with 6th in a time of 7m 39.38s. Claudia Wilson had a good paced run as well easily clearing all the steeples and finishing in a time 8m 26.17s.



Above Georgia & below Claudia



Jess Johnston was making her family get up early for the third day running to be out at a chilly SOPAC track to watch her throw. The U15 javelin was Jess's final event after a stellar national's competition so far. With a foul on her first throw and then pulling up with a sore back on her second throw of 27.80m Jess pulled out a long throw on the third round but it was also declared a foul. Jess finished in 12th spot to add to her 2nd, 3rd and 4th spots. An amazing set of results across the four throw events.



Ruby Worrell was the third runner in the NSW U16 4 x 200m team. The first two runners (Damita & Chelsea) got off to a great start and on the second change to Ruby the girls were just in front. Ruby, a terrific bend runner, took off around the bend and down the straight to hand the baton to their final runner (Tuliana) with a good lead. NSW were then able to hold off some late charges from Western Australia to cross the line for gold in a time of 1m 40.31s. An outstanding meet for Ruby to finish with national gold and silver medals.

Day five saw **Nathan Barbara (right)** competing in the first of his four events, the PARA 15 100m final. Nathan crossed the line in the fourth fastest time of 20.27s (60.43%) but when the results were adjusted for class Nathan ended up with the Bronze medal. A great start for Nathan.



. Above; Ruby gold in the U16 4x200m relay



Zara Warland was out next in the heats of the U18 1500m. Zara had had a stellar season, improving all her personal best times and reaching national qualification for three events, the 800m, 1500m and 3000m, which is no small feat to achieve. Zara ran in the fastest of the two heats and kept with the front bunch for the first two laps before the lead five took off in the third lap splitting the field. Zara came home in a time of 4m 53.31s for 7th place in her heat and 14th in Australia.

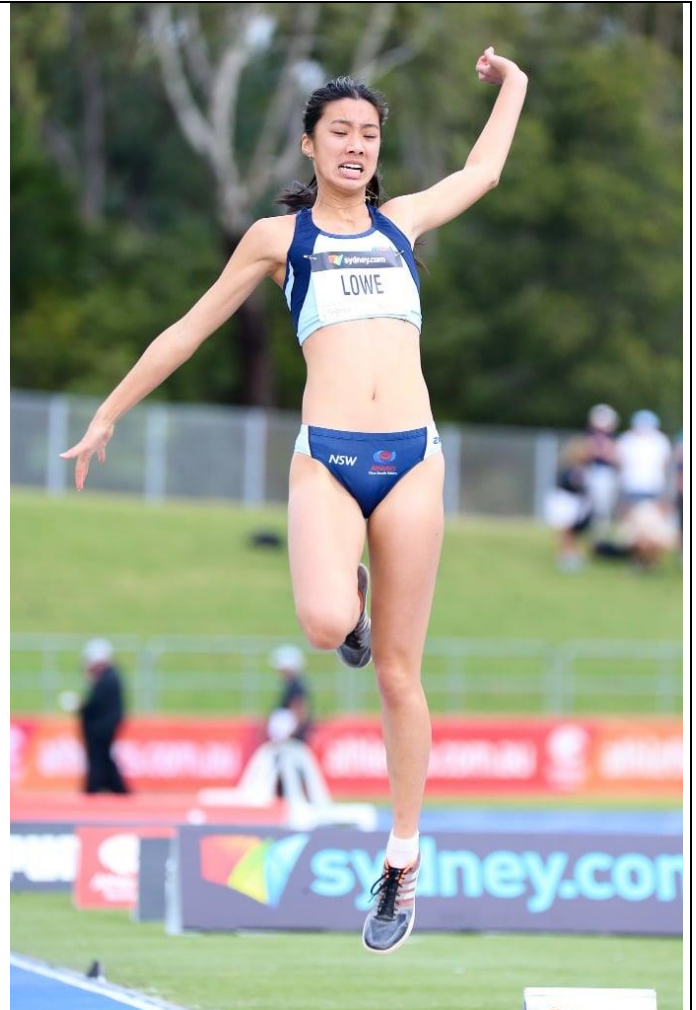


Above Zara was to have a big meet running the 1500m, 800m and 3000m.

Alyssa Lowe was out in one of the two qualification groups for the Women's Open Long Jump. After a foul in the first round Aly landed a 5.91m jump, the same distance as Aly jumped in the U20 Long Jump final. This was good enough to place her equal 8th and qualify for her first Open Long Jump Final.

Our last competitor of the day was **Sophie Kavanagh** in the U18 Long jump. Having finished as the NSW Juniors Long jump champion the past two seasons, Sophie was ready to take on the rest of Australia. Just as Sophie did at the 2021 Juniors, where she nailed the gold medal on her first jump, Sophie got a great start with a leap of 5.63m to put her in 2nd place after the first round. Sophie maintained this position throughout the next 5 rounds finishing with a set of very consistent jumps (5.63m(0.5); 5.49m(0.5); 5.43m (-0.2); Foul(1.2); 5.49m(1.2); 5.57m(1.2);

Day Six started with a Gold medal for **Nathan Barbara** in the Para 15 Discus. Nathan followed a big personal best throw in round one with another in round two to finish with a best of 14.96m (57.36%) and his first national gold medal. (14.35m; 14.96m; Foul; 14.20m;)





Above Nathan at Discus & below with his gold medal

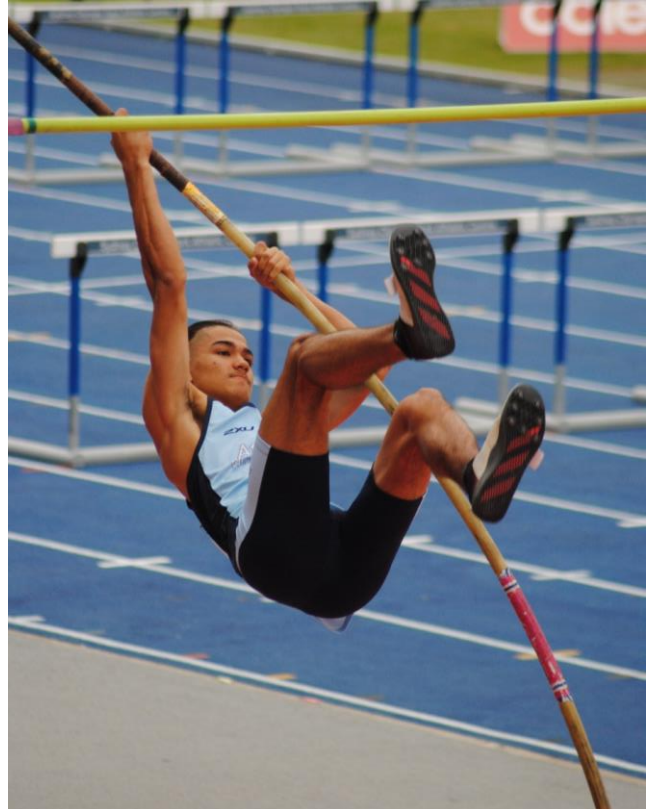


Aidan and **Brendan Mannasz** were both competing in the U17 Pole Vault. The boys had finished at NSW Juniors in 1st and 2nd place with heights of 2.60m and 2.20m respectively. At nationals Aidan was able to raise that mark to 3.10m for 9th place in Australia and Brendan improved to 2.90m for 11th in Australia.

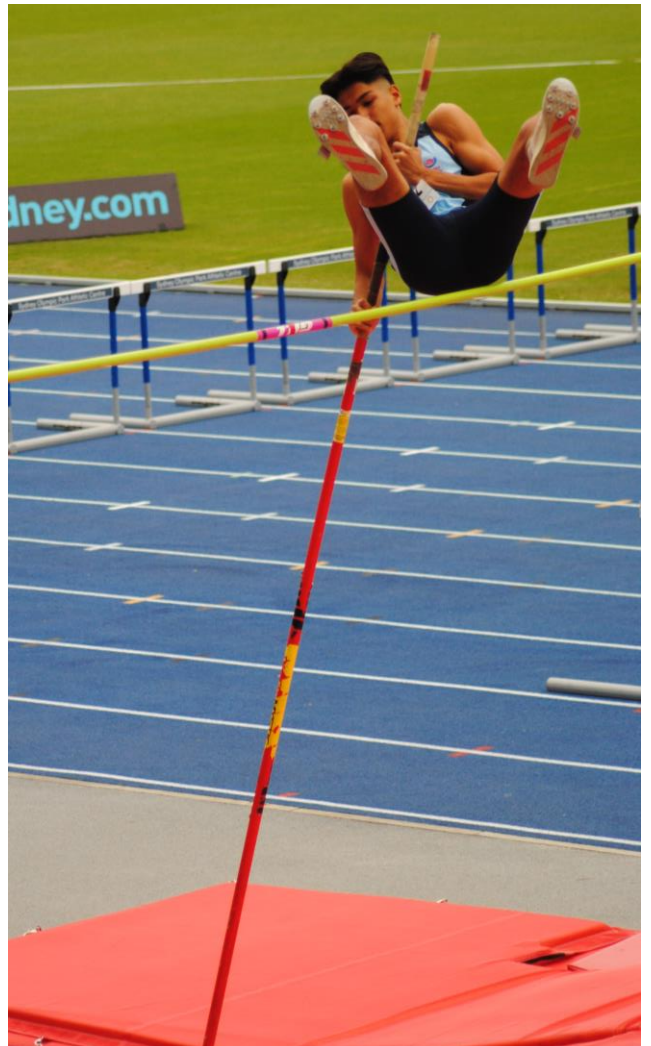
Aidan's Pole Vault event was overlapping with his Triple Jump and he was soon over at the back straight with **Jeremy Plummer** in the U17 Triple Jump.

Aidan was able to improve on each of his jumps (11.33m(+0.0); 12.38m(-0.5); 12.42m(-0.2) to finish in 11th place. Jeremy who was making his national debut got his best jump out in the first round of

11.80m and finished in 13th spot (11.80m(0.3); Foul(-0.7); 11.34m(0.2)).



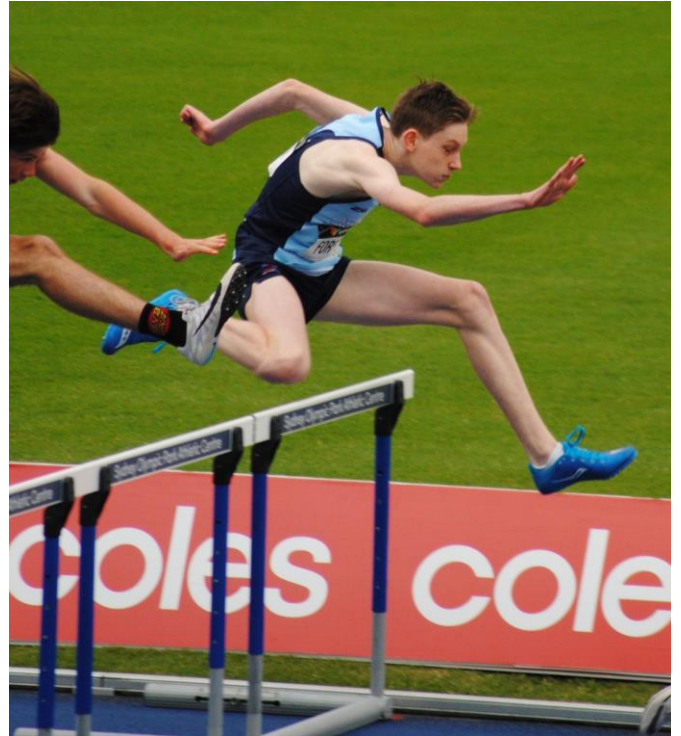
Above Aidan & Below Brendan





Above Aidan & Jeremy U17 Triple Jump

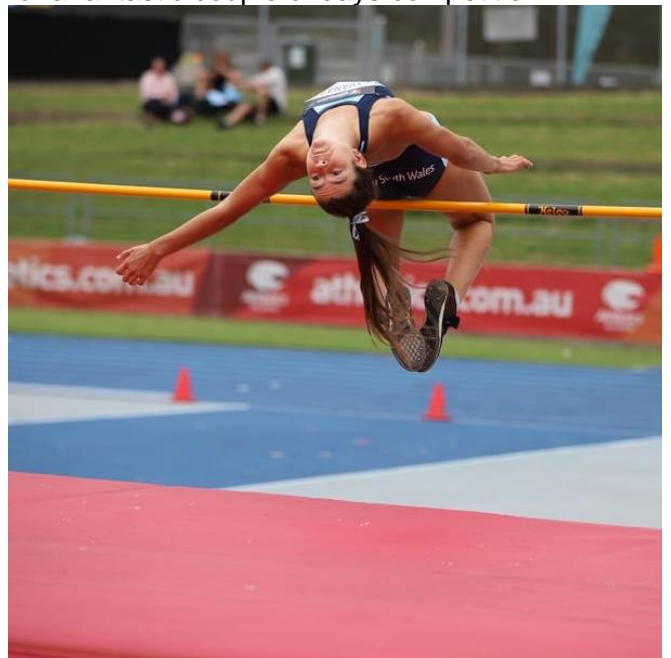
15.70s to finish 13th overall in Australia.



Sophie Kavanagh (below) was competing in the U18 high jump and managed clear rounds through to 1.68m where Sophie cleared it on the second attempt. Despite three good attempts, Sophie was unable to get over the bar at 1.71m. Sophie finished 4th in Australia to give her a 4th and a 2nd for a fantastic couple of days competition.



Timothy Forster was competing in the U17 Boys 110m hurdles heats while the boys were Pole Vaulting. Tim got out well and hurdled cleanly over all the hurdles to place 6th in his heat in a time of



Day Seven was a great day to be out at SOPAC with lots of Open finals on as well to watch along with our Ryde athletes.

Out early and having a good set of throws at PARA U15 shot put was **Nathan Barbara** with possibly the biggest team of supporters that I've seen at nationals!



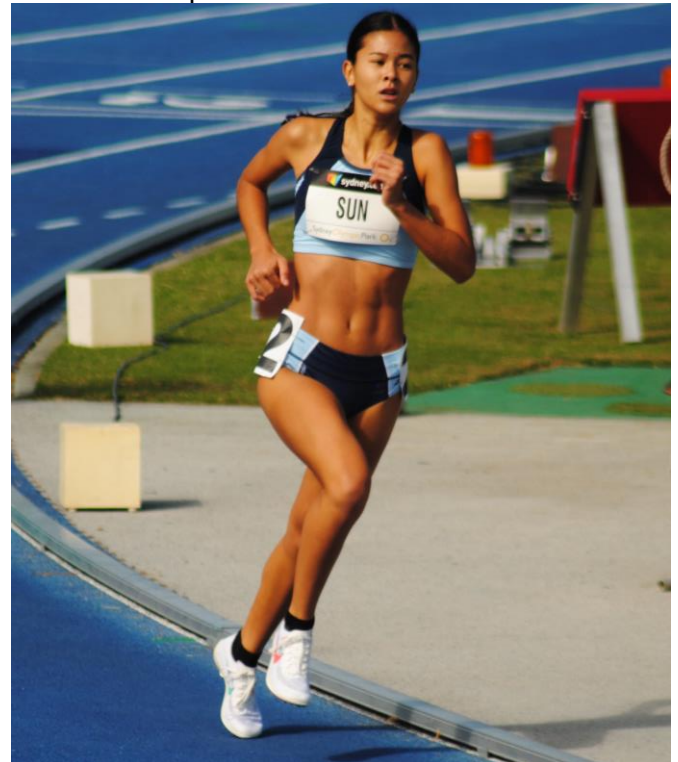
Nathan improved on every throw (5.33m; 5.61m; 5.93m; 5.99m (47.76%) with his final throw being good enough to win him his second gold medal of the championships. Nathan got a huge cheer on the podium helped along by "Team Nathan" which included grandparents, parents, aunts, uncles, cousins and his sister, Isabella.

Below "team Nathan" with Nathan and his second gold medal of the championships

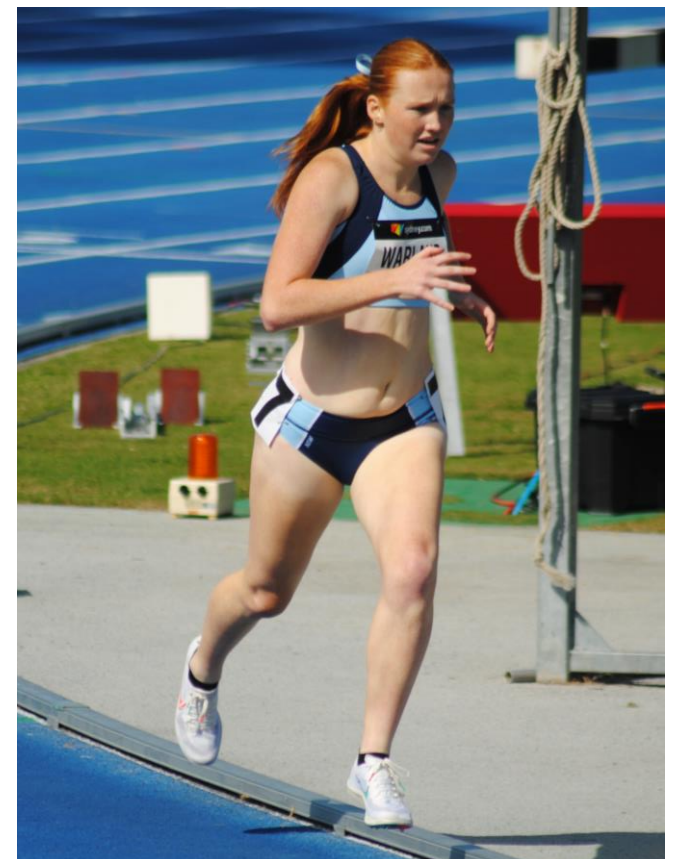


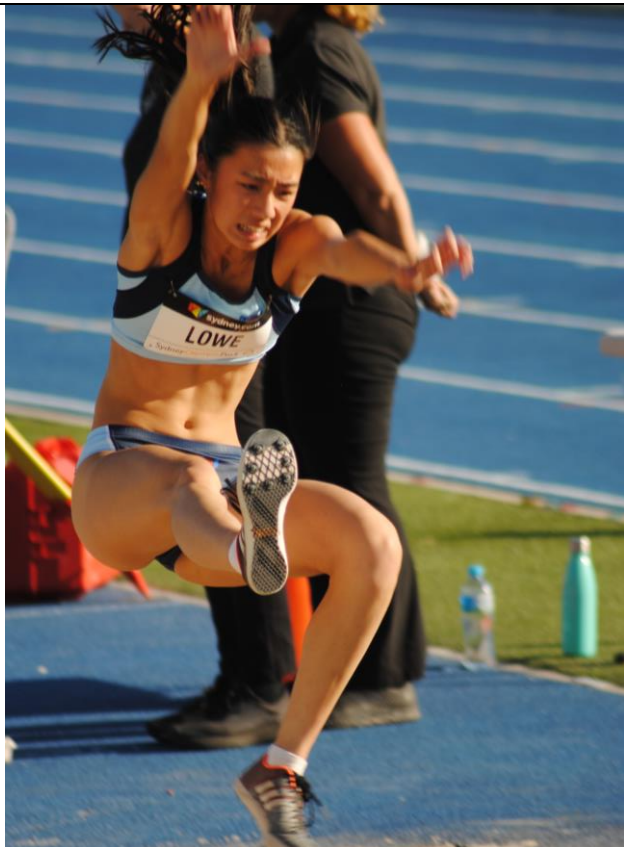
First out on the track for Ryde were **Amelie Sun** and **Zara Warland** running in the U18 800m heats. **Amelie** ran in the first and fastest of the two heats and stuck with the front pack for the first lap before

the field spread as the pace picked up over the second lap. Amelie (below) came home in a time of 2m 19.16s to place 12th overall.



Zara Warland (below) was out for her second run of the Championships and still would have one more event after this before she was finished. Zara also went out with the pack for a fast first lap and as with Amelie's heat the field split over the final lap with Zara finishing in 2m 24.72s in 16th.





Alyssa Lowe is still only 17yrs but managed to earn herself a berth through the qualification round on Friday, into the final of the Open Women's long jump. Aly leapt to 6.02m on her third round and became the youngest jumper to get the three extra jumps for the top 8 athletes. At the end of competition Alyssa finished with 7th in the Australia, a huge achievement. (5.66m(-0.7); Foul (-1.9); 6.02m(0.5); Foul(2.0); 5.88m(-0.2); 5.89m(0.3);

Ryde's last competitors on Day 7 where our four steeplechasers, **Adam Bruntsch, Ashton Hanna, Arabella Price and Elli Barron.**

If you search the surname **Bruntsch** on the Worldathletics.org database the two athletes that pop up are both steeplechasers/middle distance runners. The first, Karl-Heinze Bruntsch competed for the German Democratic Republic in the 1970's. The second is our own **Adam Bruntsch**, grandson of Karl-Heinze.

Viewing Bruntsch				
Name	Disciplines	Sex	Country	Date of Birth
BRUNTSCH, Karl-Heinz	3000 Metres Steeplechase, 3000 Metres	Men	GDR	21 JUL 1951
BRUNTSCH, Adam	2000 Metres Steeplechase, 1500 Metres, One Mile	Men	AUS	

Adam had qualified to compete at nationals in 800m, 1500m and the 2000m steeplechase. An unhelpful timetable meant Adam had to make the tough decision to run potential 4 races in two days or just focus on the steeplechase. Adam chose the latter and it proved to be a great decision.

With his grandfather in Germany, watching his race on livestream, Adam, right from the gun set the

pace for the first three laps. At the bell, Adam was comfortably in second place and despite a late minute charge by a Tassie athlete in the straight Adam gritted his teeth and made a last-minute surge for the line to finish with the silver and a new personal best time of 5m 59.75s. Adam had cut his time by six seconds.

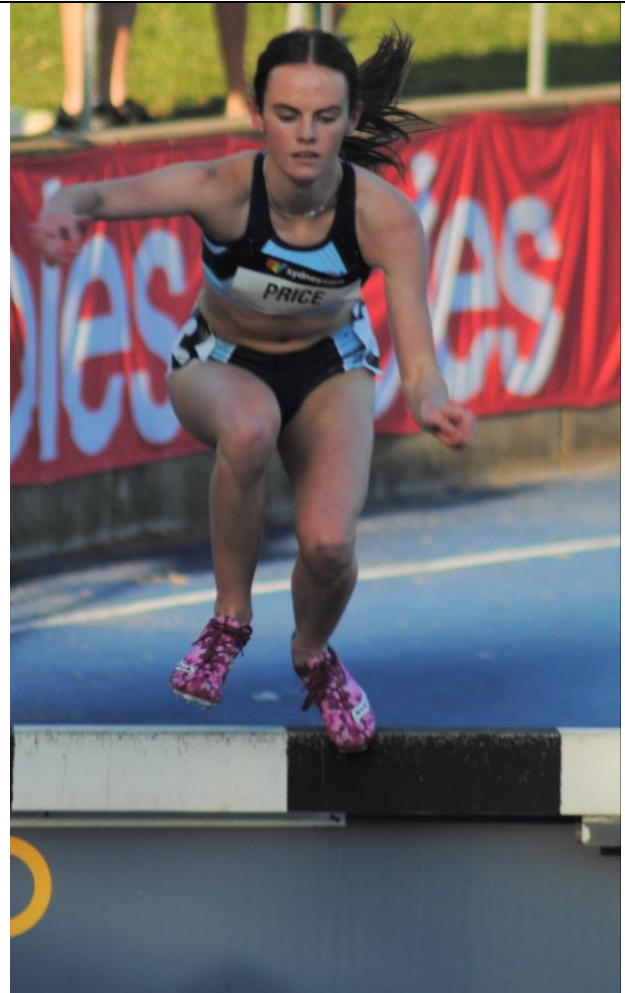
Adam with the rest of the field still chasing him in lap three



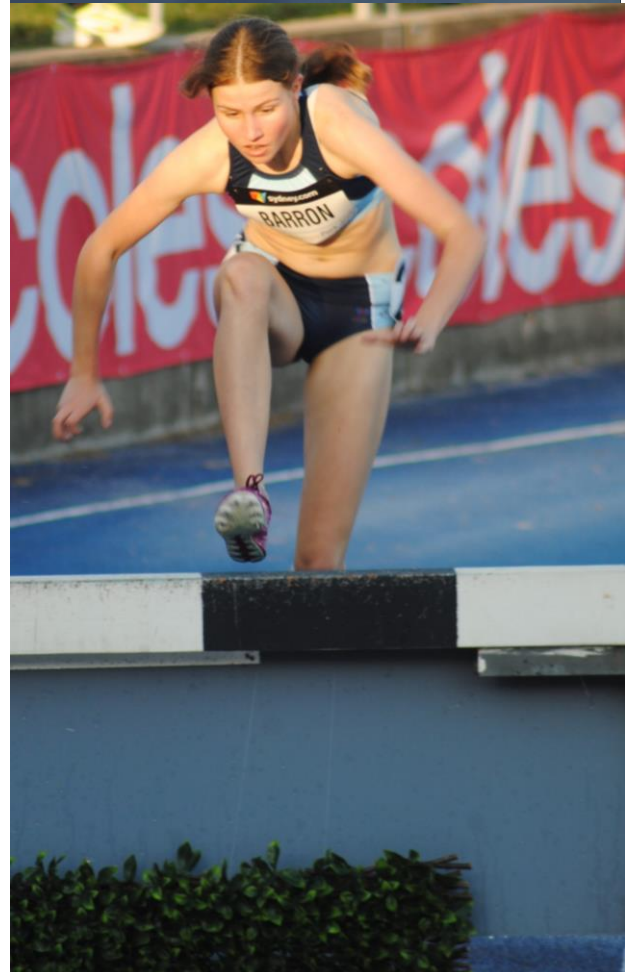
Ashton Hanna had had a great season and seen his times drop dramatically over the season. Ashton was also competing in the U18 2000m Steeplechase and this was Ashton's first race at nationals. Unfortunately, a few weeks prior, Ashton tore his ATFL ligament and was unable to train for most of the time leading up to nationals. With a clearance to run only a few days prior, Ashton still wanted to give it go and ran 7m 07.51s to finish 21st. I am sure he'll be back fitter and better at the next nationals.



Arabella Price (top right) was next up in the U18 2000m steeplechase. Arabella had also had a season interrupted by carrying an injury. Arabella did well to place 9th in Australia in a time of 8m 21.14s



Our final steeplechaser of the afternoon was **Elli Barron (right)** in the U17 2000m steeplechase. Elli had had to withdraw mid race out of the steeplechase at the 2021 NSW Juniors after injuring her foot the day before so also hadn't had the best preparation for nationals. Even so, in a big field, Elli settled into a good rhythm, clearing the steeples well to come home in 15th place in Australia in a time of 8m 10.87s.



On the final day of the Championships **Nathan Barbara (below)** was again our first athlete out. Nathan competed in the PARA U15 long jump and got out a good set of jumps (2.25m(0.7); 2.33m(1.6); 2.45m(0.3); 2.51m(0.5)) 38.79% for 4th. A sensational nationals for Nathan.



Zara Warland was our final competitor, competing in the U18 3000m. Unfortunately Zara was unable to finish the race. I am pleased to report though that Zara has since recovered.

All in all this would be Ryde's best national championships results for some years now. It is particularly great to see that so many of our competitors were there for the first time. The next Athletics Track & Field Championships will be held in 2022 in Perth.

Congratulations to all our former Ryde Little & Senior Athletes who were also competing in the Open section of the Australian Athletics Championships

- ***Chloe Davis – 6th Open Heptathlon***
- ***Georgia Winkcup – 6th Open 3000m Steeplechase***
- ***Sophie Gocher – 12th Open 3000m Steeplechase***
- ***Kate Spencer 9th in the Open 1500m***
- ***Helen Pretorious 10th Open 100m and 7th Open 200m and***

Also congratulations to current Ryde Little Athletes who compete for other senior clubs

- ***Eliza Da Silva 5th U18 100m***
- ***Joshua Smith 4th U14 400m***
- ***Ben Stevens 3^d U17 Shot put and Discus. Some great results.***

Finally a special thank you to Ross Forster. Ross was out there for nearly all the sessions that our athletes were competing in from early morning to late evening. We thank Ross for his great support for our athletes and look forward to reading his full year's report in the Annual Report in May.

Athletics Australia Junior Combined Event Championships

At the Australian Junior Combined Event Championships held in Melbourne from the 24th to 25th March 2021, Ryde was represented by **Jessica Johnston** in the U15 Heptathlon event. Overall Jess placed 7th in Australia and her individual results and points were

90m H	Shot put	High jump	200m
16.96s	11.66m	1.49m	30.21s
601	639	610	468
Long jump	Javelin	800m	TOTAL
4.01m	32.81m	3.00.18s	
310	530	364	3522

Jess went home with some great experience, new friends and, bragging rights for finishing 1st in both throws events. Well done, Jess.



Little Athletics NSW Youth Championships

Congratulations to all the Ryde Little Athletes & Ryde Seniors who competed at the Little Athletics NSW Youth Championships. Special mention to the medallists from that weekend.

Representing Ryde Little Athletics

- * **Adam Bruntsch** gold in the U17 3000m and 1500m and silver in the 800m
- * **Jessica Johnston** gold in U14 javelin, silver in discus and bronze in shot put
- * **Nathan Barbara** gold in the U13-14 multi-class discus and shot put
- * **Owen Chandler** bronze in the U14 triple jump
- * **Eliza Da Silva** bronze in the U17 200m
- * **Brendan Mannasz** bronze in U17 high jump
- * **Georgia Phillips** silver in the U15 3000m
- * **Oliver Smith** silver in the U15 3000m
- * **Ben Stevens** silver in the U17 shot put and bronze in U17 discus
- * **Ruby Worrell** silver in the U14 400m and bronze in the 200m
- * **Aidan Wright** silver in the U14 200m

Congratulations to our Ryde Seniors who represent other little athletics centres

Representing North Rocks Carlingford Little Athletics

- * **Sophie Kavanagh** silver in U17 long jump and gold in high jump
- * **Lachlan Waldron** silver in U14 javelin
- * **Ben Woodhouse** silver in the U14 1500m and 800m

Representing Hornsby Little Athletics

Zara Warland silver in the U17 3000m

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 to your athletics.

On Saturday 20th February **Andrew Atkinson-Howatt** threw 38.13m to place first in the 60-69yrs javelin throw. **Sue Gore** was also first across the line in the 50-59yrs 3000m race walk in a time of 18m 55.1sec.

On the 27th February **Ron Wills** was our sole representative and finished 1st in the 80yrs + 800m in 4m 53.4s and 2nd in the 200m in 44.9sec.

On the 6th March **Andrew Atkinson- Howatt** was in sterling form and improved on his results of two weeks prior when he landed the javelin out at 39.06m for a season's best, to again take first place in the 60-69yrs event. **Ron Wills** competed

in the 100m, 400m and 1500m. Ron placed 2nd in the 100m in 21.6s, 1st in the 400m in a time of 107.5s and stopped the clock at 10m 17.2s in the 80-89yrs 1500m.

On the 13th March **Andrew Atkinson-Howatt** competed in the discus and weights events. In discus, Andrew landed it at 35.68m for second place. In the 9.08kg weight event, Andrew secured 1st place when he heaved it out to 11.27m.

Ron Wills was again out in the track this time placing 1st in a time of 44.4s in the 80-89yrs 200m and again first in the 800m in 4m 43.5s.

Annual General Meeting and Presentation Day Sunday 16th May

The Ryde Athletics Centre AGM and presentation ceremonies for outstanding performances of our Junior and Senior Division Athletes will be held at Ryde Eastwood Leagues Club on Sunday 16th May please come and join us to recognise our athletes' achievements over the season. The broad timetable for the afternoon will be:

1:00 p.m. Junior (i.e. Little A) Division Presentation
2:00 AGM and then directly after the AGM the Senior Division Presentation

We are always looking for new Committee members. Most of the roles aren't large but we do need to fill them.

If anyone would like to nominate to join our Senior Committee in any capacity please let me know. We only meet at the most 8 times a year rarely run over the hour. So if you are interested let me know.

lbergfield@hotmail.com

Fundraising for the 2021/22 season – still looking for volunteers Saturday 8th May 2021 Bunnings @ Gladesville for the 12pm-2pm shift.

With the announcement that the next Australian Track & Field Championships will be held in Perth in 2022, we want to help as many of our Ryde Senior athletes get there as we can. As we had 26 athletes compete at nationals this year, 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.

We encourage all our members to help support our representative athletes by giving up a couple of hours to help our club.

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 want the athletes to be involved so as to help 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. If you can help out on the above shift, or would like to put your name down for future fundraisers and bookmark a spot for your family then email Chloe at chloeemadavis@gmail.com