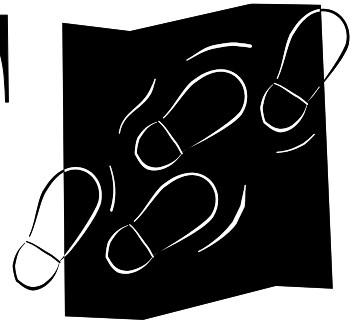




FOOTPRINT



Senior Division Edition December 2021 All Schools edition

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

The NSW All Schools – 8 Gold, 9 Silver, 7 Bronze

Congratulations to our Ryde Senior athletes who competed at the Athletics NSW All Schools Track and field Championships. We had 46 Ryde Senior athletes registered to compete across almost 100 events over the four days in what was the biggest NSW All Schools in years.

Our Ryde Senior Gold medallists & State Champions:

- * Sophie Kavanagh 17yrs long jump and high jump
- * Nathan Barbara 12-14yrs AMB shot put and discus
- * Brendan Mannasz 16yrs high jump and pole vault
- * Adam Bruntsch 17yrs 2000m steeplechase
- * Yahya Ali 13yrs 100m

Ryde Senior Silver medallists

- * Claudia Barlow 14yrs Pole Vault
- * Aidan Mannasz 16yrs pole vault
- * Yahya Ali 13yrs 200m
- * Aiden Wright 13yrs 400m
- * Alyssa Lowe 19yrs long jump & 100m
- * Arabella Price 17yrs 2000m steeplechase
- * Georgia Phillips 15yrs 2000m steeplechase
- * Ashton Hanna 17yrs 2000m steeplechase

Ryde Senior Bronze medallists

- * Lachlan Waldron 13yrs javelin
- * Rory Davison 16yrs pole vault
- * Jess Forster 19yrs hammers throw
- * Owen Chandler 14yrs triple jump
- * Claudia Wilson 15yrs 2000m steeplechase
- * Aidan Mannasz 16yrs triple jump
- * Jess Koussas 13yrs javelin

Below; paging Brendan Mannasz here's your gold. Our 16yrs Pole Vault medallists Aidan, Rory & Brendan MIA.



NSW 2021 All Schools Track and Field Championship

The NSW All Schools Track and Field Championships were held at SOPAC with just over 1900 competitors competing from the 9th to the 11th December and Ryde Seniors had 46 members on the start lists.

Ryde Seniors were to compete in 26 events on the first day across both the track and the field.

Although the early morning was marked by heavy showers by the time our athletes were out the rain had stopped and was to hold off until late afternoon.

First out was **Owen Chandler (at right & below)** in the 14yrs Triple Jump. Owen had twice qualified to represent NSW in this event and had already picked up two state medals this season as part of the Ryde Junior Nitro team and the U18 4 x long jump team at State Relays. Owen got a good set of jumps out with his second jump pushing him straight into the bronze medal position with a new personal best jump of 12.13m – adding 32cm to his previous PB.



Owen as captured by the Daily Telegraph 14yrs Triple Jump Bronze



Claudia Barlow was competing in the first of her three events for All Schools, First up was to be her debut performance in the 14yrs Pole Vault competition. Claudia had a great start with clear rounds on her first three vaults. Claudia ended up with a silver medal and a best clearance of 2.00m to make her first NSW Athletics team.

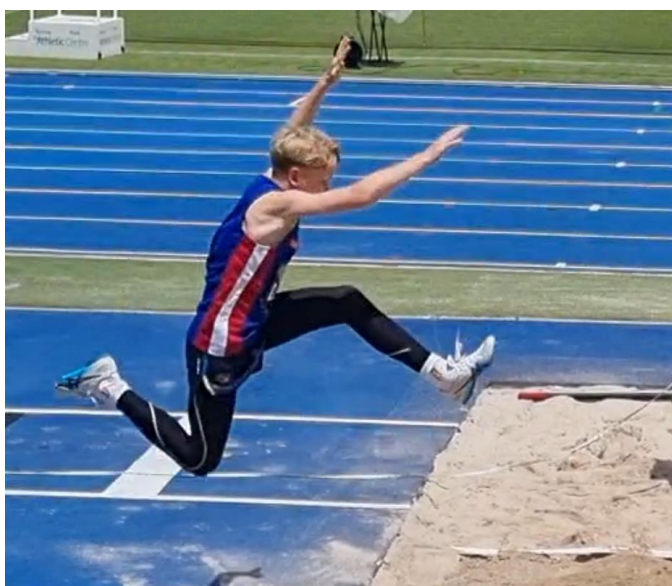


Axel Bruntsch (above) was our first athlete out on the track, competing in the 13yrs 800m heats. Axel has been in stellar medal winning form of late at both Nitro and the State Relays. Axel took off quickly and was second by the time they crossed over and at the bell, a position that he easily held to cross the line in a national qualifying time of 2m 13.41s to automatically qualify for the final on Friday.



Above Alicia Leggatt 14yrs 800m

Alicia Leggatt was competing in her first of two events for the day, the 14yrs 800m heats. Alicia ran in the second fastest heat and kept up with the fast paced first lap before finishing in 10th spot in her heat with a season's best time of 2m 48.54s



Below Jess Forster bronze 19yrs hammer throw



Daniel Cox (left) who had been a late call up to our U14 boys at the recent State Relays was also competing in the triple jump, Daniel in the 12yrs event. Daniel improved on every jump (8.75m, 9.43m, 9.50m) to place 10th at State.

Two of our girls were out in the field in the hammer throw, **Caitlin Waldron** was competing in the 16yrs event and **Jessica Forster** was having her first hammer competition, in the 19yrs event.

Caitlin improved with distance as the competition went on to finish with her best throw of 30.10m on her final throw to finish just out of the medals in 4th place. **Jessica**, throwing the heavier 4kg weight, also improved over the competition nailing her PB in round three of 17.22m to place 4th overall but winning the bronze medal as one of the competitors was from interstate.

Lachlan Waldron was to be the second Waldron throwing hammer today. Lachie competing in the 13yrs event. Lachlan managed three consistent throws to finish just out of the medals in fourth place with a distance on 21.23m.

The next events saw Ryde athletes come home with the trifecta. Competing in the Boys 16yrs Pole Vault were **Rory Davison, Brendan Mannasz and Aidan Mannasz** and all three boys were to break Ryde's Best Performance on Record for U18 Pole Vault.

Brendan took out line honours and the gold medal with a 20cm improvement over what he vaulted at nationals in April, to finish with a height of 3.10m. Aidan was the defending All School's Champion and was not far behind with a clearance of 3.00m on his second attempt.

Rory had last season off due to injury and was still carrying some injury into this year's All Schools, competing in his first Pole Vault competition since March 2020. Rory finished well to come home with the bronze and a clearance at 2.80m

For those of us watching the events from home on Fetch we would have seen Rory continue to work on the Vault long after he finished his event. His volunteering was noted by the commentary team as something you don't always see but wouldn't surprise anyone who knows Rory.



Above Aidan Mannasz – Silver in the 16yrs Pole Vault photo by the Daily Telegraph Below Rory & Brendan





Above Inga Davison & Michael Mannasz watch on as Rory, Aidan & Brendan compete in the Pole Vault.

Kaitlyn Martin (below) had finished 5th in the State at the 2021 Little A NSW Youth Titles in the U15 300m hurdles and we were keen to see how Kaitlyn would go over the longer distance. Kaitlyn (still just 14) ran strongly in the 16yrs 400m Hurdles as she has been doing consistently this season taking off quickly and then settling into a good rhythm. In the fastest of the two timed finals, Kaitlyn finished 4th in her timed final and 6th overall at state in a time of 70.50s well under the national qualifier (73.14s) for 2022, Kaitlyn's first NSW team!



We were to have seven of our athletes compete in the Steeplechase over the afternoon. First out and making her debut in steeple was **Alicia Leggatt**. Alicia had a solid debut run settling into a steady

pace and even picking up her lap time on the final lap to come home 7th in NSW in a time of 9m 19.17s.

Georgia Phillips and Claudia Wilson were competing in the 15yrs Steeplechase which ran at the same time as Alicia's. Georgia and Claudia ran each lap within a second or two of each other with Georgia finishing with the silver medal in a time of 8m 11.64s and Claudia in 8m 15.01 for the bronze.

Nicholas Woodhouse (below) competed in the 15yrs 2000m steeplechase and took a huge 30 seconds off his personal best time when he placed just out of the medals in 4th spot in a new personal best time of 7m 23.08s.



Above Nicho was happy with a 30 sec PB



Above Georgia Phillips Silver 15yrs 2000m Steeple
Arabella Price was next out running in the 17yrs 2000m Steeplechase, Arabella came home with the silver medal and improved her time over the 2021 Australian Juniors by almost 20sec when she stopped the clock at 8.00.90s



Adam Bruntsch and Ashton Hanna had placed first and second in the Steeplechase at last year's All Schools and again at the 2021 NSW Juniors and so were the pair to watch in the 17yrs 2000m Steeplechase. Adam led the 17yrs group pretty much from the go with Ashton not too far behind. At the end of the race Adam(below) had defended his State title and came home in 6m 12.29 and Ashton with the silver medal in 6m 22.70s



Rory Davison and Aidan Mannasz were back in the field again, this time in the 16yrs Triple Jump.

Aidan had jumped 12.42m at Nationals in April and at All Schools showed he had far improved on that when he bettered that mark with all four of his jumps finishing with a bronze medal and a best jump of 12.94m.

Rory also made the final with his first-round jump of 11.81m and was able to just better that with his final jump of 11.82m to place him 8th in NSW.

Another athlete making her All Schools debut was **Sarah Kuang**, our last competitor of the day, in the 16yrs Triple Jump. Sarah also made the top 8 final and got her best jump out in final round of 8.88m to place 6th.

On Day two the sun was shining and the morning was looking good, for a while at least!

Maddison Duncombe (below) was out in the 15yrs Discus in the first field event and a big group of 19 throwers. Maddie got her best throw out in round one of 28.96m to place 11th in the State.



Axel Bruntsch (below) had made the final of the 13yrs 800m with a time of 2m 13.41. Running from lane 9 in the final, Axel had to run fast around the first 150m to get himself into third position and maintaining that position to get the bell in third spot in a fast first lap of 60.30s. In the final lap Axel dug deep and was just pipped before the line to finish 4th in state with a massive 4 second PB time of 2m 7.30s, almost 8 second under the national qualifier which is an amazing result.



Always good to see great sportsmanship from our athletes

Ryde Seniors had three starters in a huge field for the 13yrs boys long jump, **James Woods, Oliver Tsang and Aiden Wright.**

Aiden started off strongly with a good leap of 5.11m but wasn't hitting the board and so wasn't able to improve from there. Even so it was good enough to place Aiden 6th at State.

James was able to get his best jump of 4.11m out in round two and finished in 24th spot.

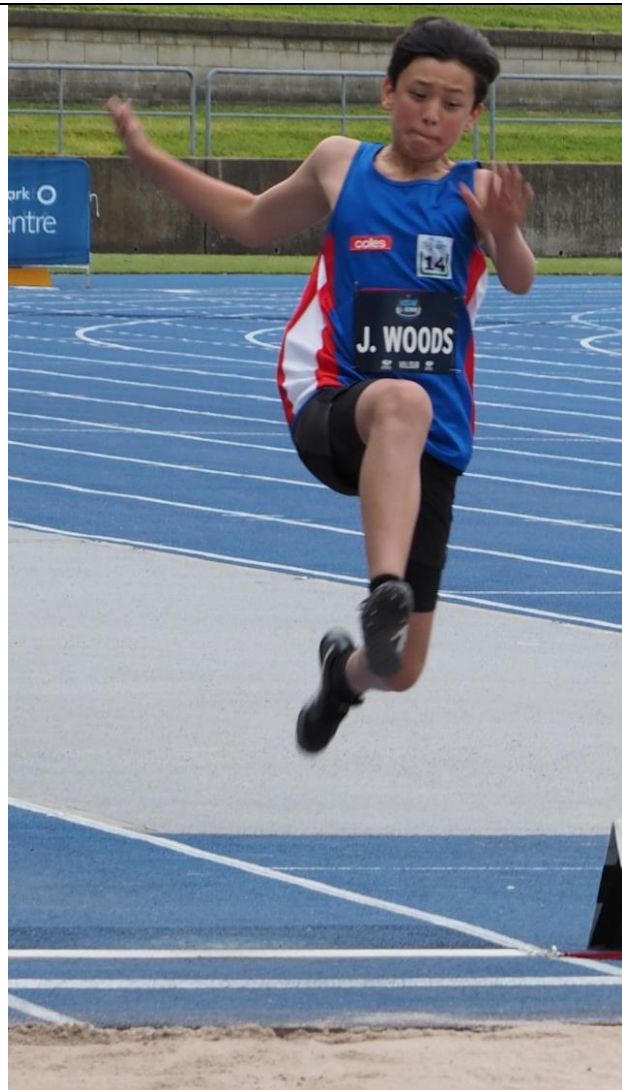
Oliver landed well out in PB territory with three good jumps, his best jump of 4.87m placing him 12th.

Below James & Oliver competing at their first NSW All Schools





Above Aiden, right James & below Oliver



Mikayla Duncombe (right) was competing in her first All Schools and as with her sister was out at a throw events. Mikayla's first event was to be the 12 years

shot put and a second round throw of 8.61m was good enough to get Mikayla an extra throw in the final where she placed 8th in NSW.



With the 800m finals over the track program turned to the 200m heats. The sprint fields this year were huge, with up to 61 entrants in some age groups. Unlike nationals, where numbers like this would see the competition run semi-finals and finals, ANSW chose not to run semi-finals but rather go with the cut throat first in each heat and then next fastest up to a maximum of nine for the 200m plus finals and ten runners for the straight track finals.

Our 13yrs sprint duo of **Yahya Ali** and **Aiden Wright** were out next. Looking at the Dunbar results for this season, neither boy had run a 200m at Ryde and this would also be the first time Yahya was running a 200m at any state championship.

Both boys ended up running in heat four with Yahya getting the better of the starts and leading the two into the straight where they eventually were running neck and neck until Aiden just eased ahead to take the automatic qualifying place in the final. Yahya had a bit of a nervous wait until he too was confirmed a finalist, The boys both did personal best times of 24.58s and 24.66s respectively. Ryde Junior, **Joshua Smith** was also to make the final winning his heat in a time of 24.68s.



As the early morning sunshine gave way to swirling winds and dark clouds and storms, **Zara Pawsey & Mahli Jabre (above)** had won silver along with Yahya & Axel Brunsch in the sprints relays two weekends prior took to the track for their heats of the 13yrs 200m. Zara was out in heat one running into a headwind where she placed 4th in a time of 29.37s. Mahli placed 7th in the final heat in a time of 29.51s. Overall the girls placed 32nd and 34th in the state.

Owen Chandler was our next 200m runner in the 14yrs heats. Owen had to have a wait while weather delayed the track for some time. Owen running into a 2.1m headwind placed 4th in heat one to finish in a time of 25.30s for 27th overall.



Alicia Leggatt was returning after a gruelling first day where she ran both the 800m and her first 2000m steeplechase. In poor conditions Alicia placed 8th in the final heat for an overall state place of 48th in a time of 30.44s



Kaitlyn Martin and **Elysha Pawsey** were next on the track in the 15yrs 200m also had a delay due to weather that just set in for most of the afternoon. Kaitlyn was our third runner to place 4th in heat one and Elysha was 6th in heat three. The girls placed 15th and 26th overall with Kaitlyn running a time of 27.16s and Elly 28.95s

Ambrose Feng had taken advantage of the new rule in 2021 which allowed primary school students aged 12, to apply for an invitation spot at the All Schools event. Ambrose was 8th with a height of 1.30m.



Above Kaitlyn & below Elysha ran in awful driving rain.



Field events in the rain are never fun but throws events, where your hands and implements end up slippery and wet can be the worst. There was further delays of the program before **Claudia Barlow and Isabella Barbara** both competed in the 14yrs discus event. Claudia finished 24.11m for 10th spot and Isabella just one spot behind with 23.94m.

Lachie Waldron was back for his second throws event, the 13yrs Boys shot put. Lachlan got a good third round throw of 10.26m to take 16th place

13yrs high jump for girls was postponed because of rain before **Jess Koussas** nailed a best jump of 1.40m to place 7th after some good clear early rounds.



Above Isabella & below Claudia were throwing in a wet circle in the 14yrs discus



Caitlin Waldron was to follow her brother out at the shot put circle in the 16yrs event. Caitlin got a good throw of 11.00m out in her second round to take her through to the top eight final where she placed 6th.

The 13yrs boys 200m final was the next event for two Ryde Senior runners, **Aiden Wright and Yahya Ali** and Ryde Junior, **Joshua Smith**.

Yahya got off to a strong start and round the bend Yahya & Aiden were in good contention. In the straight Yahya had the better of the race but Aiden was gaining on the competition with every

stride. Yahya ducked a bit early before the line but still came away with silver in 25.03s with Aiden only .06s behind in 4th place with 25.09s running into -3.8m wind. Josh, who had injured his hip early in the race came home in 26.56s for 9th.



Above at the line and below after the Boys 13yrs 200m



We had five runners on the start lists for the 3000m and first out was **Georgia Phillips**. Georgia sat with the front pack in the combined 14.15yrs race and maintained that spot for the race running consistent laps to cross the line in a time of 11m 09.76 for sixth.

A massive field of 40 runners for the 14yrs 3000m saw it run as two timed finals. **Julian Smith** was running up an age group as the 3000m isn't offered as a 13yr's event. Julian finished 12th in his timed final and 29th overall for a time of 10m 26.36s.



Julian's brother **Oliver Smith** was to be joined by **Nicholas Woodhouse** (below in green) in the 15yrs 3000m. Oliver raced home to 10th spot in 9m 47.77 and Nicho was 19th at State with a new PB time of 10m 22.04.





Above Julian in the 14yrs 3000m . Below Zara – nows has 2 national qualifiers under her belt for 2022. What a great start.

Zara Warland was having her first ANSW run of the season. After a 2020/21 season marked by huge improvements across all three of her middle distance events Zara showed that she was still in terrific form. Zara went out with the front group of runners and stayed there for the race. Zara finished 4th in a time of 10m 34.80s almost 11 seconds under the national qualifier to add to the 5k qualifier she set earlier this year.



Day three was another early start for the Duncombes with **Mikayla** out at the 12yrs discus where her first round throw of 25.10m was good enough for 11th spot.



Above Maddie & Mikayla Duncombe

Caitlin Waldron (below) was up at the other end of the field throwing in the 16yrs discus. Caitlin got a good set of throws oand a new PB of 32.54m to place her 6th in the final.



Sophie Kavanagh was down the scoreboard end of the field at the same time and was making short work of convincingly winning the 17yrs high jump. Sophie's clearance of 1.65m put her 15cm clear of the silver medallist.

The 100m heats were the next event out and **Daniel Cox** was to run in the first heat of the 12yrs boys. Daniel had a strong run placing 6th in the fastest hear to place 13th in a big field of 41, a good warm up for his pet event on the Sunday, the short hurdles.



Below Daniel Cox 12yrs 100m . Above Sophie Gold in the 17yrs high jump



Above Isabella below Claudia



Claudia Barlow and **Isabella Barbara** were out for their second throws event of the weekend, the 14yrs shot put. Isabella put out a near PB throw in the fourth of 10.38m round to place her 7th. Claudia's best throw came in round two of 8.58m to place her 15th.



The boys 100m heats were up next and **James Woods** ran in the first heat finishing in 7th place in a his heat time of 13.83s. **Yahya Ali** was in the second heat and slowed as he crossed the line to take the automatic 1st place qualifier for the final in a time of 12.12s.

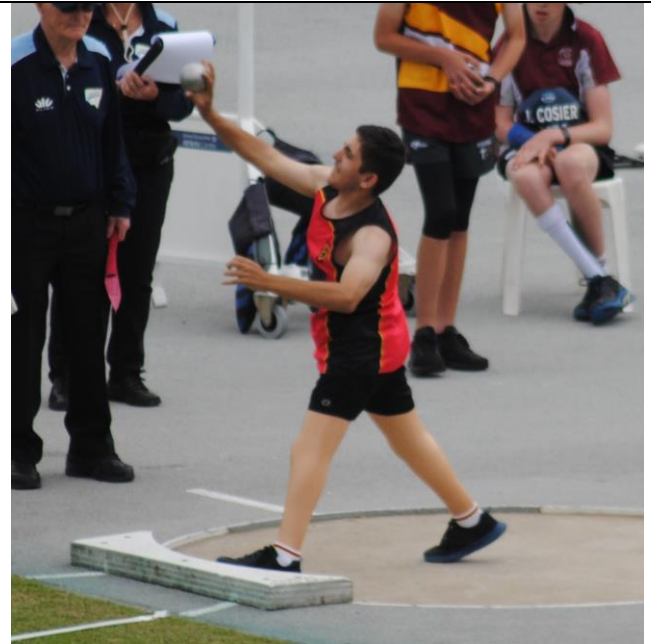


Above James Woods & below Mahli Jabre in the 13yrs 100m heats

Mahli Jabre was out after the boys heats in the 13yrs 100m. Mahli ran a time of 14.20s to place 9th in her heat.



Nathan Barbara was at his first event of the carnival, the 12-14yrs AMB shot put and successfully defended his title with two equal best throws of 5.36m (42.74%).



Nathan - shot put gold



Ruby Worrell was running the 100m and 400m at All Schools and was first out in the heats of the 15yrs 100m where she finished third to qualify for the afternoon finals in a time of 12.69s.

Axel Bruntsch and **Julian Smith** both ran in the heats of the boys 13yrs 1500m. Axel ran in heat one where he placed fourth in a time of 4m 32.53 to automatically qualify for the final. Julian, in the next heat was 10th in a time of 5m 07.98 to place 20th overall.

Lachlan Waldron was out at the 13yrs discus and got off to a good start with his first throw of 29.07m. His next two though caught the net and Lachie finished in 12th place.



Above Ruby and Axel looking strong in the 100m 15yrs final and the 1500m heats. Jess & Lachie out at discus.



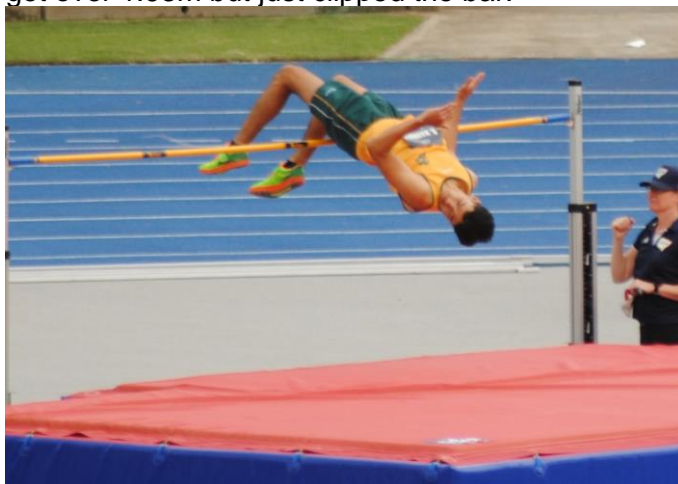
All Schools had some big fields - Above start of the 13yrs 1500m final – Ella McGregor at far left

Jess Koussas was in a huge field of 30 at the 13yrs discus. Jess did well to place 12th with her first round throw of 27.59m.

Ella McGregor (below) was out on track also in a big field for the 13yrs 1500m final. Ella finished in a time of 5m 56.96s to place 22nd at State.



Brendan Mannasz already picked up a State Title this weekend and was to collect his second when he jumped an equal PB of 1.90m. Brendan had clear rounds all the way and looked like he might get over 1.93m but just clipped the bar.



Nathan Barbara was competing in the 12-14yrs AMB 100m. Nathan stopped the clock at 23.02s (53.21%) to place 4th on the adjusted results.



Lachlan Waldron was back for his pet event, the 13yrs javelin and was joined in the field by **Oliver Tsang**. Lachie went into the final round in 4th spot, then moved back to fifth before getting his best throw of 34.57m out to move him into the bronze position. Oliver was to improve with each throw and finished in 15th spot with 21.64m.

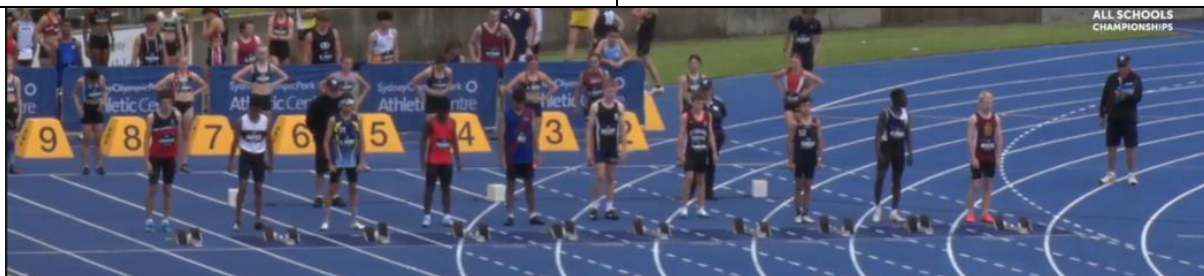


Timothy Forster was out for the heats of the 16yrs 100m. Tim ran a fast race and a time of 11.60s to miss a finals spot by only 0.01s and place 11th overall.

The final of the Boys 13yrs 100m was to be an exciting race. At the previous year's event **Yahya Ali** had dead heated for second and was hoping to improve on that and add to the silver that he had already collected for the 13yrs 200m. Yahya didn't get off to the fastest start but was in the top three for the first 50 metres. After that he accelerated even more and was able to pull away to win the event in a new personal best time of 12.01s. Remarkably in a repeat of last year's result the next two runners both finished in a dead heat time (12.06s) but this time could be separated by photo finish.



Ruby Worrell was back for her final as well, in the 15yrs 100m, knowing also that she then had to turn around in a few hours and run her 400m heat as well, all the while resting between races in a moon boot because of a stress fracture in the foot that will see her laid up for the next six weeks. Ruby ran well into a strong headwind to place 10th in the final in a time of 13.04s.

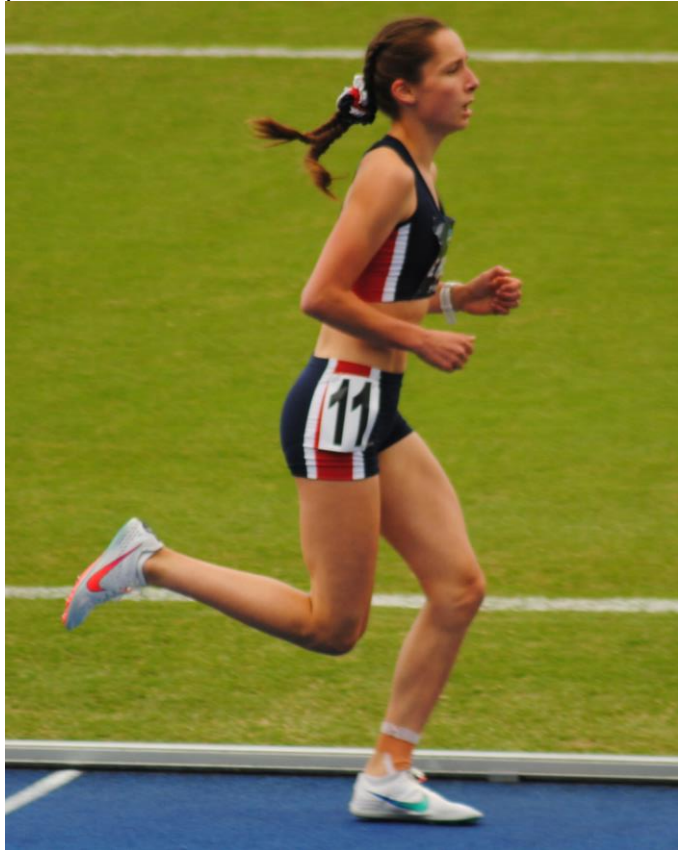




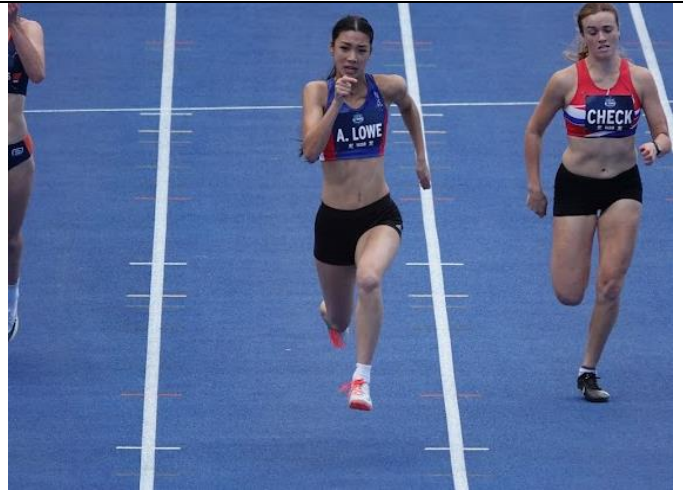
Above Tim was 30th in the 100m in 2020 All Schools and moved up to 11th place in 2021, a huge improvement.

Oliver Smith was out for the qualifying heats for the 15yrs 1500m and ran a strong race sticking the front breakaway group for the race to place 6th to qualify for the final in 4m 27.29s

Georgia Phillips' heats of the 15yrs 1500m became a straight final. Georgia settled into the middle of the field after the first lap and was to place 7th in a time of 5m 10.55s



Alyssa Lowe and **Jessica Forster** were out in the final of the 100m 19yrs. Alyssa was to finish with the silver medal in a time of 12.73s and Jess ran 14.57s to place 10th.



Above Alyssa fighting it out for silver.

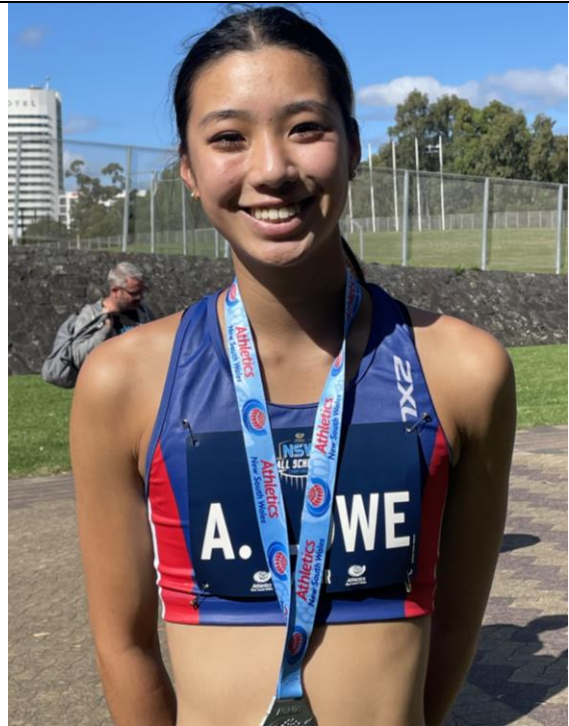
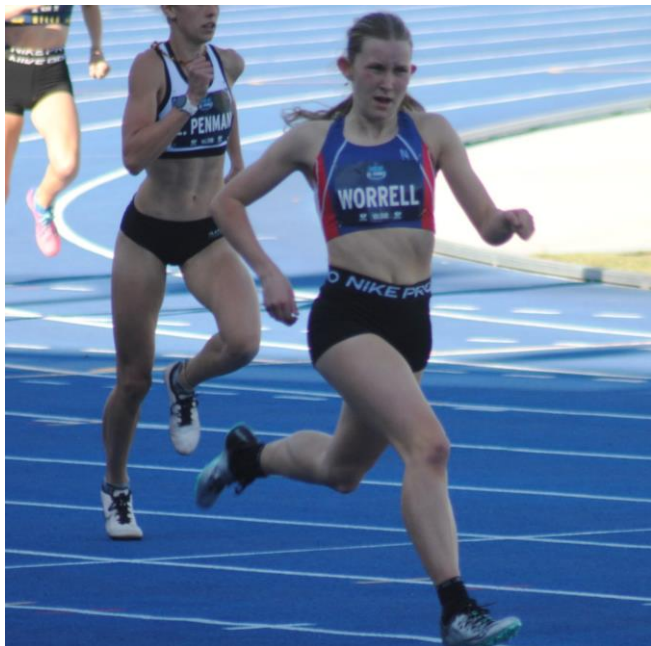


Above Josh & below Zara in 400m heats

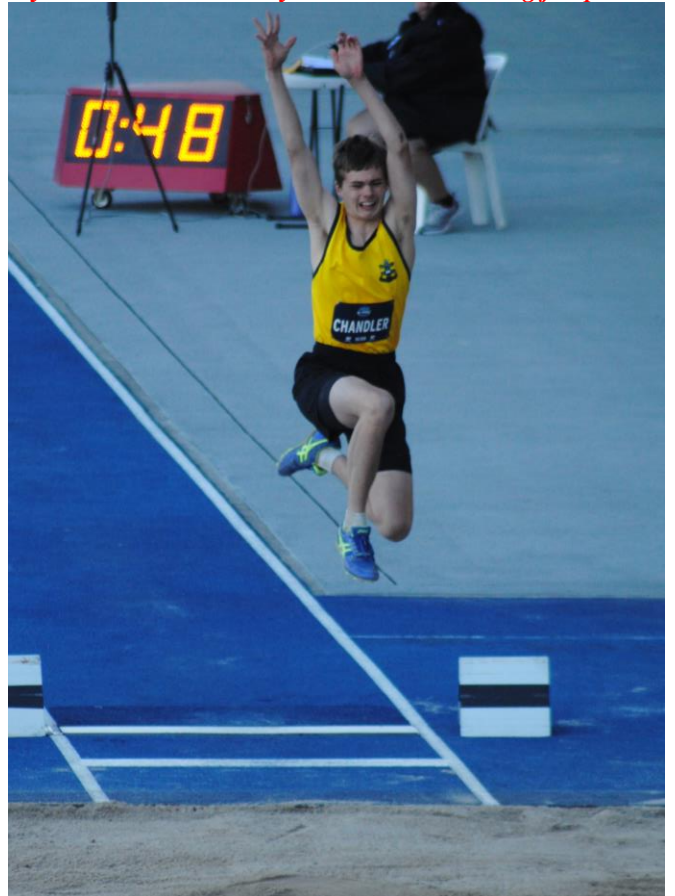




Zara Pawsey ran in the 13yrs 400m and placed 5th in her heat and 14th overall in a time of 65.58s
Aidan Wright was competing in the preliminaries of the 400m 13yrs event and absolutely blew around the track to win his heat in a new personal best and national qualifying time of 55.36s. Ryde Junior
Joshua Smith ran two heats later and stopped the clock slightly faster at 55.28s to join Aiden in the Sunday final.



Aly silver in the 100m 19yrs. Owen PB's as long jump



Ruby Worrell (at left) looked strong running in the 15yrs 400m heats and placed 3rd in the fastest heat in a national qualifying time of 57.89s to advance to Sunday's final.

Owen Chandler was out for his last event, the 14yrs long jump. Owen added 2cm to his personal best on his first jump of 5.75m which was good enough to place him 5th in the group.

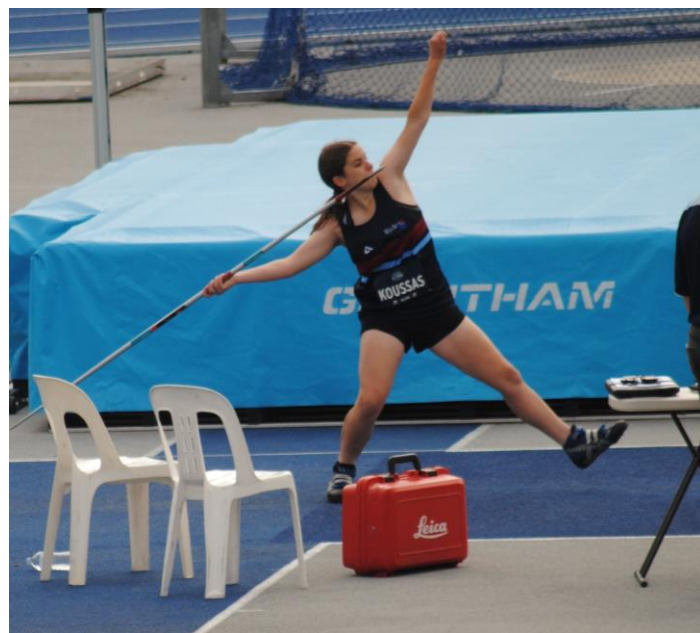
Andrew Kalos (below) was our final competitor in the field for day 3 and improved over his throws to land a final round throw of 35.65m for 9th place.



Above Andrew below Jess bronze in 13yrs javelin



Our final day of competition was to start with a bronze medal at our first field event. **Jess Koussas**, (below) competing in the girls 13yrs javelin, looked in medal contention from her first warm up throw. In a huge field for javelin of 27 girls, Jess secured her bronze with her first throw and new PB of 34.27m.



Timothy Forster was out for his pet event the 110m hurdles. Tim ran a terrific race, clean and quick over all the hurdles to just miss the bronze medal and place 4th in 15.12s well under the NQ time of 16.74s.



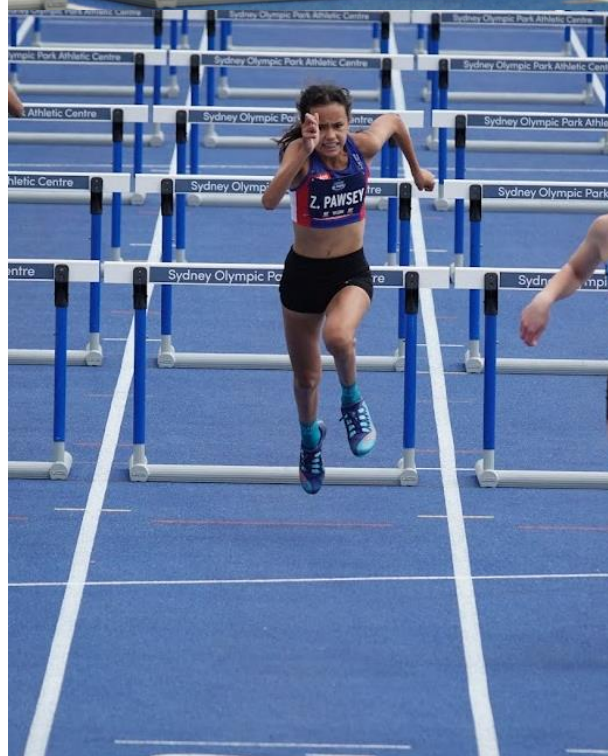
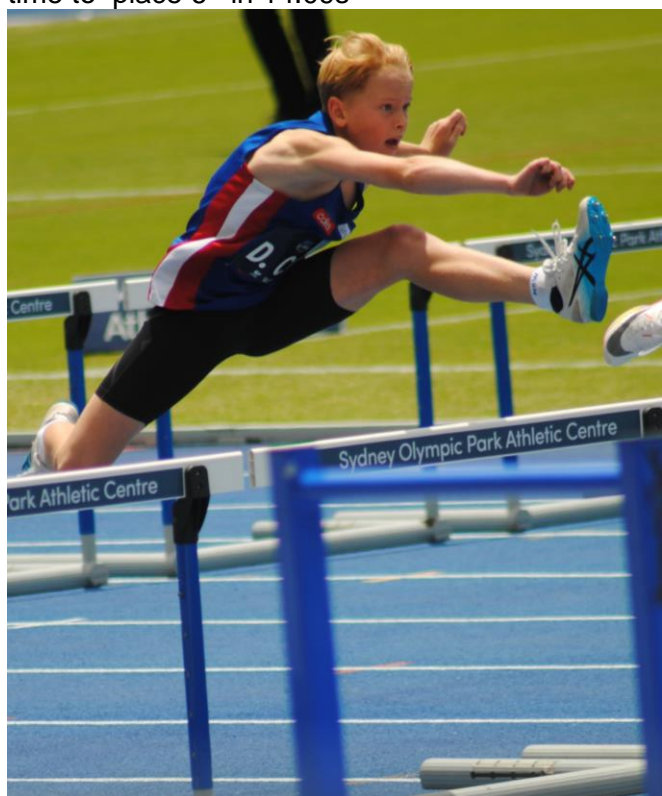
Above Tim, 4th in the 110 hurdles

Mikayla Kelleher (below) was pleased to find her heat had been turned to a straight final for the 16yrs 100m hurdles. Mikayla finished in a new PB time of 17.14s in 8th spot.



Charlotte Nagle & Zara Pawsey competed in the heats of the 13yrs 80m hurdles and both looked quick and clean coming over the hurdles and sprinting to the line. Charli was 5th in her heat & 17th overall in a time of 14.74s and Zara was 6th in her heat and 14th overall in 14.54s.

Daniel Cox (below) competed in the heats of the 12yrs 80m hurdles and hurdled himself into a finals spot after finishing 3rd in his heat in 14.51s. In the final Daniel took almost half a second off his heat time to place 6th in 14.09s



Oliver Tsang was finishing his All Schools at the 13yrs high jump. Oliver was to reach a final clearance of 1.45m which placed him 9th.

Axel Bruntsch was out for his second final of All Schools, the 13yrs 1500m. In a run consistent with his heat run (4m 32.53s) . Axel was to finish in 4m 32.48s for 6th place. Axel did however, get a shout out from the commentator for his mullet!



Above Oliver and below Jess. At right Axel in the 1500m final.



Jess Forster was out for her final All Schools event, the 19yrs javelin. Jess had a consistent set of throws with her second round best throw of 26.76m giving her 5th spot in the competition.

Sophie Kavanagh & Alyssa Lowe were competing in the long jump. Sophie in the 17yrs and Aly in the 19yrs.

Sophie won the 17yrs competition with her first jump of 5.44m, although it was not without some nerves given silver and bronze ended up with 5.42m and 5.41m respectively. Aly, having just finished her



HSC was having her first competition for quite some time and after two fouls landed a 5.66m jump to take the lead into the final round when another athlete then landed a jump of 5.66m. Aly was to then win the silver on countback.

As Aly finishes her six years of All Schools competition, it is worth looking at her stellar results at state and national level. Across six years of All Schools competition, Aly has won at NSW All Schools three gold, eight silver and one bronze medal in everything from long to triple jump, 80m, 90m, 100m to 200m hurdles and the 100m.

At national All School level, Aly has won long jump gold and triple jump silver. At Australian Juniors level Aly has won long jump gold and silvers in long jump and 100m hurdles as well as a bronze representing Australia in the 100m hurdles at Oceania.

Aly and her family have been regular volunteers over all those years on all our Fundraisers from City to Surf to Bunnings BBQ's and cooking for our cake stalls. She has been a regular feature of our presentation day leaving with an armful of trophies and a terrific member of our Club and NSW Relays teams. As Aly looks to University studies in Architecture and a University athletics club, we wish her nothing but good luck and ongoing good results.



Above Alyssa & below Sophie



We still had four more long jumpers to go. Daniel Cox improved with every jump to place 17th with a distance of 4.15m in the 12yrs event. **Mikayla Kelleher** (above right) was 10th in the 16yrs event with a best distance of 4.67m.

The 13yrs long jump was such a big event they had to run it across two long jump pits as there were 32 competitors! **Mahli Jabre** was jumping on the far

side long jump pit where she landed a jump of 4.26m in round two to place her 19th overall.



Sophie – two State titles from 2021 All Schools.





Zara Pawsey on the stand side long jump pit where he final round jump of 4.52m placed her 11th.

Nathan Barbara was to not only pick up another State title, this time in the 12-14yrs AMB discus, but also to set a new Australian record for F61. The old record was Nathan's at 14.96m and Nathan threw 15.22m (58.36%) on his second throw.



Our last field competitor for the weekend was **Caitlin Waldron** (top right) competing in her fourth throws event of the carnival. Caitlin improved with each of her throws to finish with a best throw of 24.15m for 14th place.



Oliver Smith (below) was to improve his heat time in the 15yrs 1500m by almost 8 seconds when he ran a great race to record 4m 19.60 to place 10th.



Ashton Hanna and **Adam Bruntsch** were both competing in the second (and fastest) of two timed finals in the 17yrs 1500m. In a fast paced final, Adam stuck with the front group until the bell lap when the pace raised again. Adam was to place 10th in a time of 4m 09.01s with Ashton in the spot behind in 4.11.59s.



Above Ashton & Adam. At right Aiden above and Josh below 400m final start

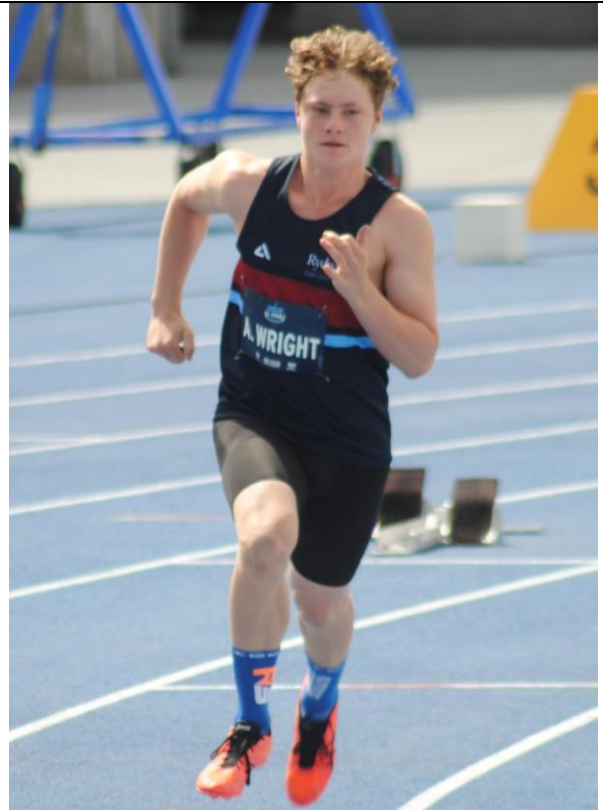
The final track events of the meet were the 400m, always an exciting event with the long home straight sorts out the best and the fittest. .

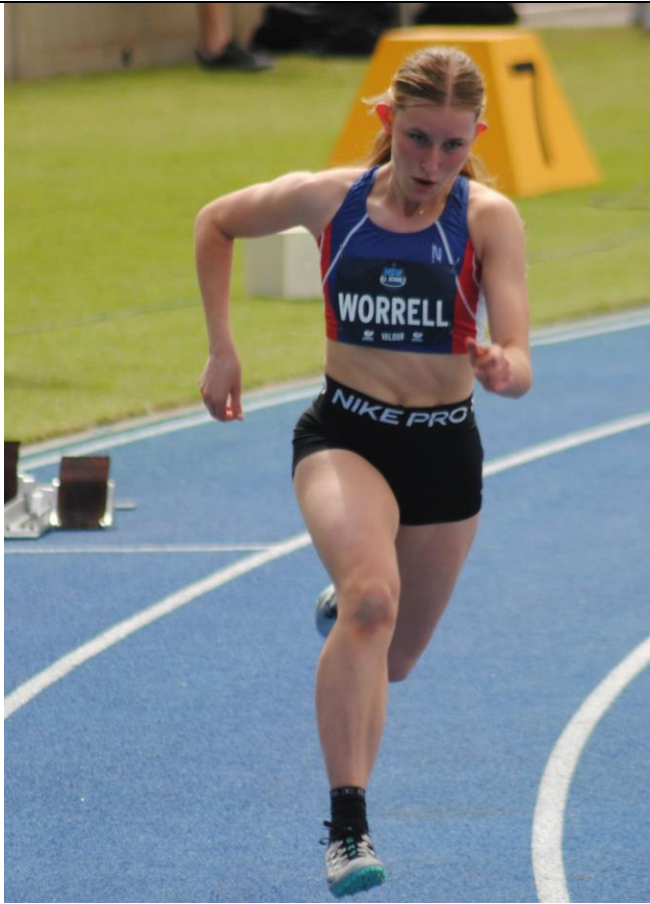
The 13yrs boys final featured Ryde team mates **Aiden Wright** & **Josh Smith** who had run two of the fastest qualifiers.

Josh had got the faster of the starts and soon caught the boy in the outer lane. Aiden picked up speed down the back straight but Josh and another runner were still leading around the 220m when Aiden slipped into another gear and by the time they were 90m from home he was challenging for first. Aiden battled for the lead down the straight with the other runner just easing back in front before the line, with Josh finishing a strong third. Aiden had run another huge personal best of 52.96s and Josh 53.66s. Those times are good enough to qualify the boys for 2022 nationals for both the U15 and u16 age groups. Aidan's time bettered the Ryde best performance on record by a 13yr old by over two seconds!

Our final competitor of the day was **Ruby Worrell**. Ruby drew the wide line eight, and got out to a good start and was holding third position coming into and down the straight but was just caught with about 10m to go and crossed the line 4th in yet another national qualifying time of 57.22s. We wish Ruby a successful rehab over the Christmas break.

At right finish line of the 13yrs 400m





Ruby powers around the first bend 400m finals 4th. Below Aiden congratulates the winner of his event & Ruby the winner of hers.



Aiden & Josh, Silver and Bronze 400m 13yrs boys





Above Team Aiden and Team Joshua, because behind every athlete there is family. Below some of our athletic siblings



Congratulations to other former Ryde Seniors seen around the track and field

We did spot a few, but this may not be an exhaustive list, not with 1900 athletes out there!

Well done to **Jack Baker** who was the 3rd placed NSW athlete in his final of the 17yrs 400m and as a result will progress to the Australian Juniors for the first time.

Eliza da Silva was looking very strong in taking two silvers in the 17yrs 100m and 200m.

Ben Stevens came home with silver in the discus and gold in the shot put 17yrs.

Best wishes to our athletes who are recovering from injury

A few of our usual starters were absent from All Schools due to injury and we wish them the best as they recover over the break and hope to see them back on the track and in the field next year. **Jeremy Plummer, Jess Johnston, Benji Woodhouse, Joe Harvey and Juliette Cooley** all had to withdraw from All Schools due to injury.

Thank you to all the families who sent in photos in particular the Pawseys, Steve Barlow & Rodney Woods for covering so many other athletes as well.