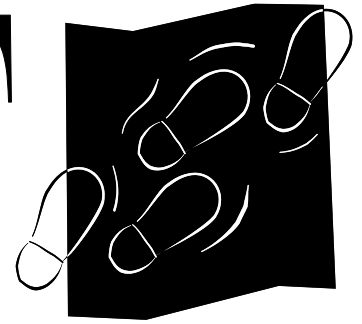




FOOTPRINT



Senior Division Nitro & State Relays

No.1 2021/2022

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

We are back!

After a long wait we are finally back out on the track and in the field, and Ryde Senior Athletes are not wasting their time in getting some terrific achievements out there.

First out and about were our Junior men's Schools & Club Nitro bronze winning medal team of **Yahya Ali, Aiden Wright, Luke Moscos, Axel Bruntsch, Benjamin Woodhouse, Owen Chandler & Andrew Kalos**. See page 2 for more.

The first individual day of competition was the State 3000m and supporting events and both **Tim Forster** and **Benjamin Woodhouse** both achieved national qualifiers in the 110m Hurdles and 3000m respectively. This gave Ben two national qualifiers from two starts having run one for the 800m the weekend before at Nitro. Full details inside on page 7.

One of the most exciting finishes of the day for Ryde – the U14 mixed 4 x 100m. Zara fought all the way.

Last weekend saw the running of the Athletics NSW Senior State Relays and we were able to field 16 teams across the track and field. It was great to see our teams out there again after last year's event was cancelled due to Covid. Our medal count **was two gold, five silver and one bronze medal**. The full report starts on page 9. State Relays are always a special meet, pulling athletes from different ages together and not always competing in their comfort zone. Special mention to a few. **Axel Bruntsch**, for picking up a leg of the mixed U14 4x100m less than an hour after his 800m run & helping them win silver. **Zara Pawsey**, who was everywhere on the weekend, in sprint relays, jumping in the boys relay team and after a cold and windy time at long jump running a leg of the U14M 4x1500m relay so the other boys could all get a run before All Schools. Finally **Daniel Cox** who got a call up on Sunday morning at 7am and rather than stay home where it was warm & dry the whole family came out to watch Daniel compete in the U14 Long Jump Relay, That's real Ryde Spirit.



Schools & Club Nitro Challenge

A Schools Nitro Challenge has been running the past few seasons and this year, it was also opened up to Club team. The Challenge ran at the SOPAC Warm up track on Saturday 6th November and Ryde Seniors was represented by a Junior Boys team as well as a number of our female athletes competing for Riverside, Hunters Hill High and PLC.

The Junior boy's division covered athletes in the 12-14yrs age group and our first athlete out on the field would have been one of the youngest competing that day. In his first event for Ryde Seniors **Luke Moscos** (below) who had just turned 12, ran the first leg of the 2x800m relay with **Axel Bruntsch** (right) running as the second runner. Both boys kicked the cobwebs away with some good strong running to place 6th in a time of 4m 48.22sec.



Andrew Kalos (bottom right) was out at the javelin event while the boys were running and got an excellent throw of 38.84m on his final throw to move him from fourth to second place.

Our sprinters, **Yahya Ali** and **Aiden Wright** had to contend with running over unusual distances. Yahya a 100m specialist, ran the 60m and Aiden who prefers the 200m and 400m ran in the 150m sprint.



Yahya absolutely flew out the blocks and was only run down on the line to place 2nd in a time of 7.50s. Aiden got a slower start but, with his 200m strength, picked up runners down the straight to finish with the third fastest time of 18.24s.



Yahya above and Aiden below



Owen Chandler (top right) got a strong personal best jump of 5.73m out in the second round. In one of the peculiarities of the nitro event, Owen then picked up additional points for the team when he managed to land within 5cm of his nominated jump on the final round.

Ben Woodhouse (bottom right) had been doing long training sessions over winter so this was his first time at an 800m for some time. Ben finished in a national qualifying time of 2m 12.17s to place 3rd.



In the 4 x 100m the boys absolutely flew around the track. **Andrew** gave a good hand off to **Yahya** who, as he had done for the NSW team at nationals, took the team to a commanding lead before handing on to **Owen** who clipped round the curve to pass the lead to Aiden who tore down the home straight to win their heat by a good 10m. The boys finished in a time of 48.49s to place 2nd overall.

The final event was **Andrew** in the shot put where a good final round throw of 11.15m put Andrew in 4th place.

At the end of the night the boys placed third overall and second in the Clubs to win a bronze medal out of all the Club and School teams. A terrific effort for a first hit out of the season.



Yahya, Aiden & Owen, finally got their medals just after 9.00pm!

Ryde Senior girls also featured in the results. The Riverside Girls Intermediate team finished in 6th overall and 4th in the school's competition. Ryde Seniors competing in the team were

- **Maddie Duncombe** 6th in the 90mH (17.60s) and 4th in javelin (24.59m)
- **Ely Pawsey** 6th in the 2x 800m (6m 38.30), 5th in the 200m (28.39s) and 6th in the 1000m sprint relay (2m 49.09s)

The Hunters Hill High Intermediate team finished 3rd overall and 3rd in the school's division to win the Bronze medal. Ryde Seniors competing in the team were;

- **Kaitlyn Martin** 4th in the 90mH (15.21s) and 2nd in the 200m (27.09s). Kaitlyn then ran in the 1000m sprint relay team along with **Mia**

Marshall and the girls placed 3rd (2m 32.64s).

- **Mia** placed 5th in the high jump (1.25m)
- **Claudia Barlow** was 3rd in the shot put (8.29m) and 5th in the javelin(20.09m)
- **Mahli Jabre** ran 9.04s for 6th place in the 60m race.

The Riverside Girls Junior A Team finished 7th overall but placed 3rd in the school's division to win bronze. Ryde athletes competing in the team were

- **Ruby Collins** placed 5th in the 60m (8.54s)
- **Charli Nagle** was 6th in the 150m (21.64s)
- **Alicia Leggatt** was 6th in the 800m (2m 58.63s)
- **Zara Pawsey** was 5th in the long jump (4.32m). Zara also teamed up with **Ella McGregor** in the 2x800m to place 7th (5m 44.17)
- The 4x100m was all Ryde runners - Charli, Zara, Alicia & Ruby crossing the line in 5th place in 56.07s

The Riverside Girls Junior B team finished 9th overall and 5th placed in the schools. **Mikayla Duncombe** placed 8th in the shot put (7.72m) and was part of the relay team that placed 9th (63.43s).

PLC Senior Team finished 2nd overall and 1st in the school's division. **Georgia Phillips** competed in the team and was a member of the sprint relay team that placed 2nd (2m 22.49s) Georgia also competed in the 2x800m relay and placed 2nd (4m 55.62s).



Above Andrew hands the baton to Yahya



Above Georgia, Kaitlyn, Elly & Alicia. Below Kaitlyn, Elly, Ruby & Charli. Riverside Girls, Charli & Zara



HAVE YOU SIGNED UP FOR THE BIGGEST ATHLETICS EVENT BEFORE CHRISTMAS? THE NSW ALL SCHOOLS TRACK AND FIELD CHAMPIONSHIPS

Last year, Ryde Seniors had 41 athletes compete across nearly 100 events at the 2020 All Schools. All high school students are eligible to enter (and some 12yr primary students – see the details on the ANSW site). We'd love to see a few more out there this year. If you tried Relays and enjoyed it, then why not sign up for All Schools? It will be run from Thursday 9th to Sunday 12th of December at SOPAC.

Dual registered Athletes get a \$5 discount on every event they enter. If you haven't yet registered as a dual Ryde Senior do it now (contact lbergfield@hotmail.com for further information).

Entry and [more details here](#)



Good luck to all our competitors who have already registered for All Schools and don't forget to send us photos for the next edition of Senior Footprint newsletter.

State 3000m and preliminary event

At the 2021 State 3000m Championships & preliminary events Ryde was represented by 8 athletes.

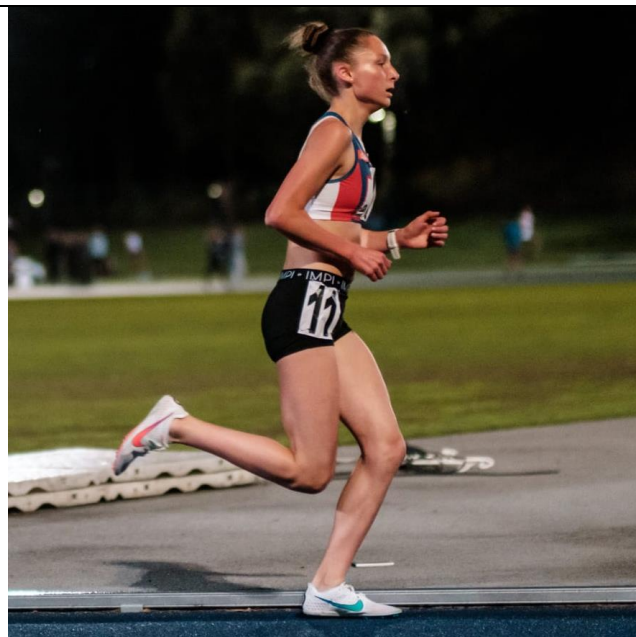
Tim Forster was having his first run of the season and stopped the clock at 15.14s in the 110m H well under the national qualifying time for 2022.

Georgia Phillips (top right) ran in the Women's C Race and placed 17th in a time of 10m 50.70s, just 0.70s outside a national qualifier.

Nicholas Woodhouse and **Julian Smith** both ran in the Men's M race with Nicholas finishing in 5th place in 10m 26.40s and Julian was just behind in 7th in 10m 32.16.

Benjamin Woodhouse had a great result placing 3rd in the Men's J race in a time of 9m 29.58s, 20 seconds below the national qualifying time for 2022.

Oliver Smith ran into 14th spot in the Men's H race in 9m 57.17s. **Ashton Hanna** (below) was next out in the Men's F Race placing 17th in 9m 23.63. Our final runner of the night was **Adam Bruntsch** (right) in the Men's E Race where Adam stopped the clock at 8m 58.40s.



Above Nicholas (partly obscured) and Julian

Our girls win bronze at the ANSW Cross Country Relays.

With much of Cross Country not run over winter we were able to get one of our teams out at the Cross Country Champs at North Ryde Common on 5th June. Competing in the U20 4 x 3km event,

Amelie Sun (12m 34s), **Claudia Wilson** (12m 59s), **Elli Barron** (12m 50s) and **Zara Warland** (12m 18s) came home with a bronze medal.

At right Amelie, Zara, Elli & Claudia



RYDE SENIORS FUNDRAISING EVENTS FOR 2021/22 - Save the date Sunday 19th December Bunnings @ Gladesville

Each season we have a number of Fundraising events to help meet the **Division's costs such as our entry fees for State Relays**, ANSW Affiliation, trophies as well as to help make donations to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas. In the last few seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and the Oceania Athletics Championships.

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, Club Nitro, 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 (not just the parents) 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 if you'd like to bookmark a spot for your family then email Chloe at chloeemadavis@gmail.com

A few hours each season isn't a big ask and your time can really help to support our Club.

ATHLETICS NSW 2021 SENIOR STATE RELAYS

The Athletics NSW State Relays were held at SOPAC on the weekend of the 20th-21st November and Ryde Seniors were represented by 16 teams. Our first team out was our U18 boys 4 x high jump team. With three of the boys carrying injuries into the competition we were keeping our fingers crossed.

Brendan Mannasz had had a solid 2020-21 season marked by some big improvements in his high jump PB. Brendan was in top form and produced a new PB, national qualifier and Ryde Best performance on record for U18 when he cleared 1.90m to finish as second best jumper overall.

It was great to see **Rory Davison** back in the Ryde colours after a season off with injuries. Rory cleared a height of 1.70m to put the team in medal contention. **Jeremy Plummer** was our 3rd jumper, hampered by injury from the previous week at Ryde, but still managed a clearance of 1.65m

Ryde welcomed back **Jaykay Rauqe** who had last season away from athletics and came back about 20cm taller than we remembered him. Jaykay was the youngest of our team at just 14, and performed strongly to also finish with a PB of 1.65m. Overall the boys recorded a total of 6.90m to take home the silver medal an outstanding results considering they are all young enough to compete in the same event next year.

Below Brendan, Rory & Jaykay & (top right) Jeremy all cleanly over the bar. Bottom right U18 High Jump silver medallists, Jeremy, Brendan, Jaykay & Rory



Our U18 girls shot put team was out next. Making their debut at State Relays for Ryde were **Isabella Barbara** and **Jessica Koussas**. Isabella improved with every throw to land 9.54m. Jess K also improved and finished with 8.91m.





Caitlin Waldron and **Jessica Johnston** (along with Jess K) were to compete in all three throws relays over the weekend. Jess J has been recovering from surgery to her throwing hand and was thrilled to get all three throws out over 11m, her best being 11.82m.

Above Isabella and below Jess K. and then Jess J



Caitlin was also aiming for an 11m plus throw and landed 11.30m. The girls finished just out of the medals in 4th with a total of 41.57m.



Above U18W 4 x shot put placed 4th. Jess J, Jess K, Caitlyn & Isabella. Below Caitlin



Our first track team of the day was **Mia Marshall**, **Ruby Worrell**, **Kaitlyn Martin** and **Sophie Kavanagh** competing in the U20 Women's 4 x100m.

Mia got the girls off to a good start and Ruby flew down the back straight to hand on to Kaitlyn who has been getting faster and faster this year. Kaitlyn passed safely to Sophie who brought the team home in 51.77s. for 5th place at State.

Below our U20W 4x100m team placed 5th Mia, Ruby, Kaitlyn & Sophie.



**Hey Parents. SICK OF SITTING IN THE STAND OR WATCHING FROM THE SIDELINE?
ATHLETICS ISN'T JUST FOR TOTS TO U17'S.
WHY NOT GET FIT, GET AMONGST IT AND CHALLENGE YOURSELF BY JOINING RYDE SENIORS TODAY?**

Athletics isn't just for the children and I'm sure there must be some frustrated jumpers, throwers and runners amongst our parents so why not join Ryde Seniors? Every week there are competitions somewhere around Sydney for registered Athletes to compete. Most of the track events are seeded so you will run against athletes of similar ability regardless of age. This is a good way to challenge yourself and work on your fitness. You only have to enter the events you want and events run to a pretty strict timetable so not too much waiting around.

Did you know that Masters Athletics starts at just the age of 30? Many of our older Athletes have been competing at Masters level over the past season and contest the state and national and even world championships. These carnivals have a great atmosphere as well as giving you the opportunity to compete against the best in your age group.

At the State relays there were **over 45 events that catered just for Masters athletes**. All the jumps and throws through sprint relays to middle distance. Why not get some like minded mates together and start training? Registration with Ryde & Athletics NSW is \$190 and covers winter membership for cross country running and fun runs as well. Email lbergfield@hotmail.com for further info or [just sign up](#).

Looking to join a training squad for sprinters? A new squad has just started at Dunbar

A new, exciting sprints training squad is now available to keen sprinters. Its aims are to

- Develop Good Sprinting Technique
- Improve PB's
- Injury Prevention

Sessions are run by Russell and Erica Cox – owners of Regenesi Fitness and Ryde Little A's parents and experienced exercise professionals with many years coaching who have a passion for sprinting.

WHEN:

- Two different sessions times available on Tuesday's at Dunbar Park.

SILVER SQUAD 5:30 – 6:15 (U10 - U13) – limited to 10 athletes

GOLD SQUAD 6:15 – 7:00 (U14 – U17) – limited to 10 athletes

Sessions will be run through public school terms (summer).

Holiday blocks available dependant on demand and availability.

Winter squad training days may vary.

TERM 4 2021

Cost \$50 – remainder of the term.

16th November – 21st December 2021.

Additional FREE Friday Nights sessions will be offered leading into Zone, Regional and State Little A's competition events (starting date TBC)

✨ To register to attend a FREE TRIAL or to SIGN UP please email or text your expression of interest. If you have any questions please get in touch ✨

Russellcox@regenesifitness.com.au

Russell: 0419433781

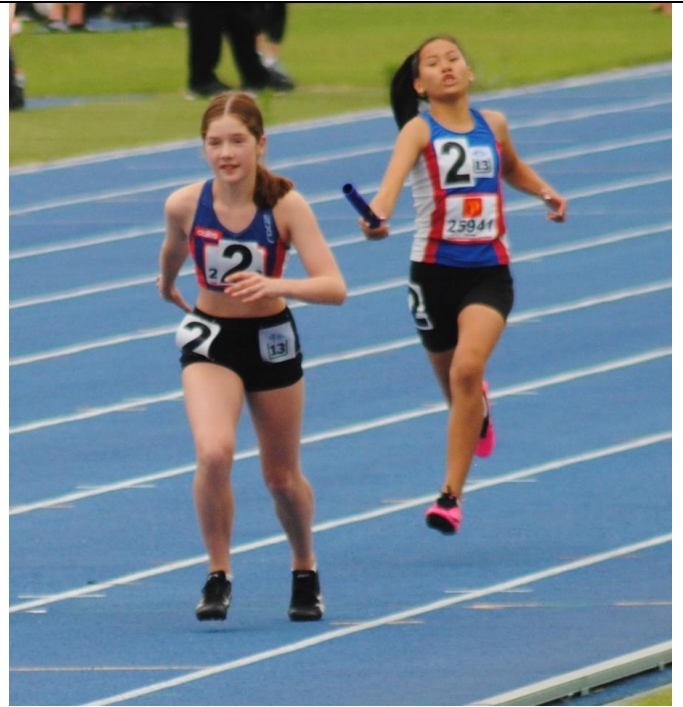
Erica: 0410 393 793 (after 5pm)

www.regenesifitness.com.au/junior-sprint-training-ryde



Above Kaitlyn passed the baton to Sophie U20W 4 x100m
 Our U14W girls were all running their first State Relay event. **Juliette Cooley, Mikaela Gavranic, Charlotte Nagle and Zara Pawsey** competed in the 4 x200m straight final.

Charli got the girls off to a great start overtaking the girl in the lane beside her just as she handed off to Zara. Zara gained more ground in her run and handed off to Mikaela, who ran a great race gaining with every stride down the back straight to hand the baton to Juliette. Juliette hit the straight and had to move wide to battle with two other teams for third all the way down the straight with an almost blanket finish that saw the girls take 5th in state home in a time of 1m 56.22s.

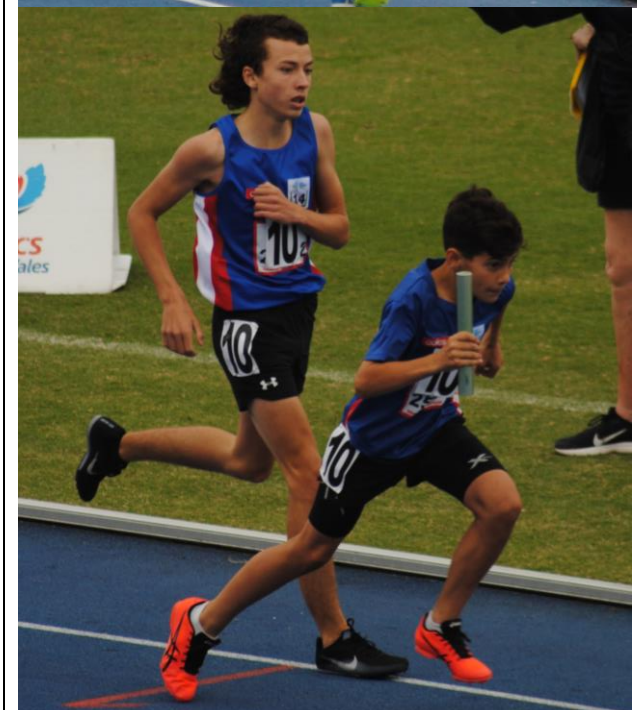
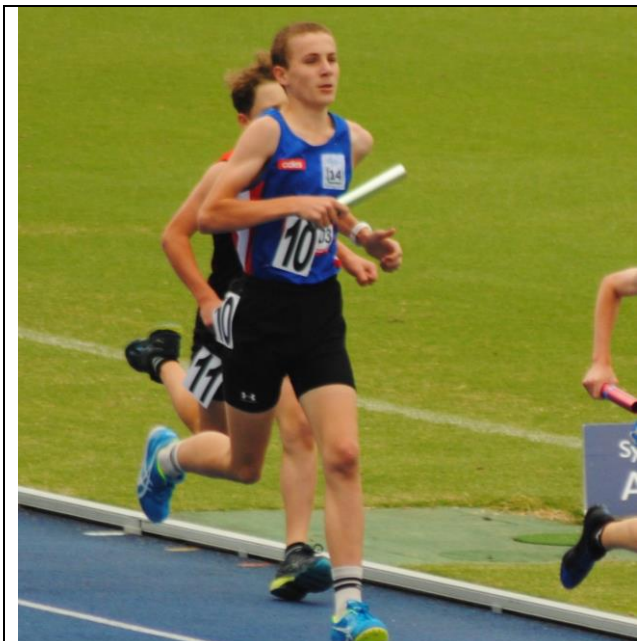


Above Mikaela at the final baton change to Juliette. Below the U14W 4x200m team of Charli, Juliette, Mikaela & Zara placed 5th at State . Bottom left Zara getting ready to take the baton from Charli



Three of our U14 4x800m team, **Luke Moscos, Axel Bruntsch and Benjamin Woodhouse** had all had a good warm up at the Club Nitro and were joined by **Julian Smith** to compete in both this event and the 4x 1500m on the Sunday.

Julian led the team out and passed to Axel. Axel swept past 5 runners in his first 200m and by the time he passed the baton to Luke the team were in 3rd place. Luke kept the pace going and held the team in 3rd spot before Benjamin stormed past 3rd to put the team in 2nd and stop the clock in 9m 29.72s. It was a mighty effort from Ben who came away injured and we are keeping our fingers crossed for a speedy recovery.



Above & below the U14M 4 x 800m Silver medallists. Above Julian & Benjamin. At left Axel handing over to Luke and bottom with their silver medals, Luke, Axel, Ben & Julian.

The 2021 State Relays featured some new events including a mixed 4 x 100m relay. Our first team out was the U14's. With speedster Aiden Wright unfortunately ill this weekend, **Axel Bruntsch** got the job of turning around less than an hour after his massive 800m run to run the third leg of the relay.

Mahli Jabre, who had only used blocks for the first time at Nitro two weeks earlier, flew out of the blocks and overtook the Sutherland boy in the lane outside her before passing to **Yahya Ali**, who as always, powered down the back straight to hand over to **Axel** who carried the lead round the bend.

Zara Pawsey looked fantastic sprinting down the home straight chased all the way by a male Blue Mountains runner who pipped her just before the



finish line. Ryde U14 4 x 100m mixed team finished with silver in a time of 51.52s.



Above Mahli was composed at the start line. At right Yahya ready to hand off the lead to Axel. Below our Silver medallists in the U14 4x 100m Mixed relay. Zara, Axel, Yahya & Mahli.



The U16 4 x 100m was the next event and we saw **Ruby Worrell** and **Kaitlyn Martin** have their second runs of the day. This time Kaitlyn led off well and handed over to **Owen Chandler** for the long back straight run. Ryde was near the front of the field when **Jaykay Rauqe** took off but unfortunately Westfield's second runner moved into our lane and Jaykay had to brake and swerve around him. Even so, Jaykay ran a great bend and it was only near the finish line that **Ruby Worrell** in her usual style of flying down the straight was just pipped by a Manly Warringah male runner for the bronze and the team finished in 4th with a time of 49.45s.



Above U16 4x100m Mixed relay team placed 4th Kaitlyn, Ruby, Owen & Jaykay. Below Jaykay passes to Ruby who only has eyes for the finish line



Our female throwers, **Caitlin, Jess J and Jess K** were back out for their second event of the day, the U18 Discus and were joined by **Claudia Barlow**.

Jess Johnston was the best of our throwers, getting out two national qualifying throws of 36.52m to place 5th overall. **Caitlin's** best throw came in round two and was 32.43m. **Jess K** managed a best throw of 31.50m in the first round and **Claudia** also got her best throw out in round one of 23.40m. In total the girls' best throws measured 123.85m to give them their second 4th place of the day.



Above Caitlin at U18 discus



Above our U18 4 x discus team Claudia, Jess K, Jess J & Caitlin 4th at State.

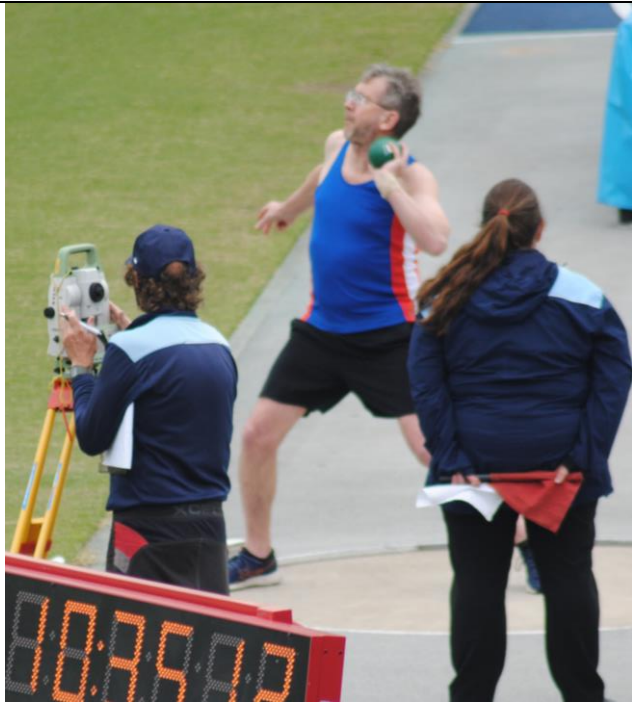
The final event of the day was as Julie Reynolds would say, **the glamour event** – the 240+ Masters 4 x shot put. The core team of **Andrew Atkinson-Howatt, Robert Hanbury-Hanbury Brown and Simon Bergfield**, were joined by new Ryde Senior member, **Dave Johnston** who was to show he's not only an excellent coach but can also put the shot out there himself.

The Ryde boys dominated getting the 1st, 3rd, 4th and 5th best throws out. Robert was the best thrower in the competition, landing at 9.75m with the 5kg shot. Andrew landed his best put on round two with 8.78m and Simon not far behind on 8.66m. Dave, being (quite) a few years younger had to throw the heavier weight of 6kg and managed to hit 8.19m in round one to bring the boys home with a gold medal, new State record and a result of 35.38m



Above Robert at shot put. Below the thumbs up from the M240+ 4 x shot put new State Champions - Simon Bergfield, Robert Hanbury Brown, Dave Johnston & Andrew Atkinson-Howatt





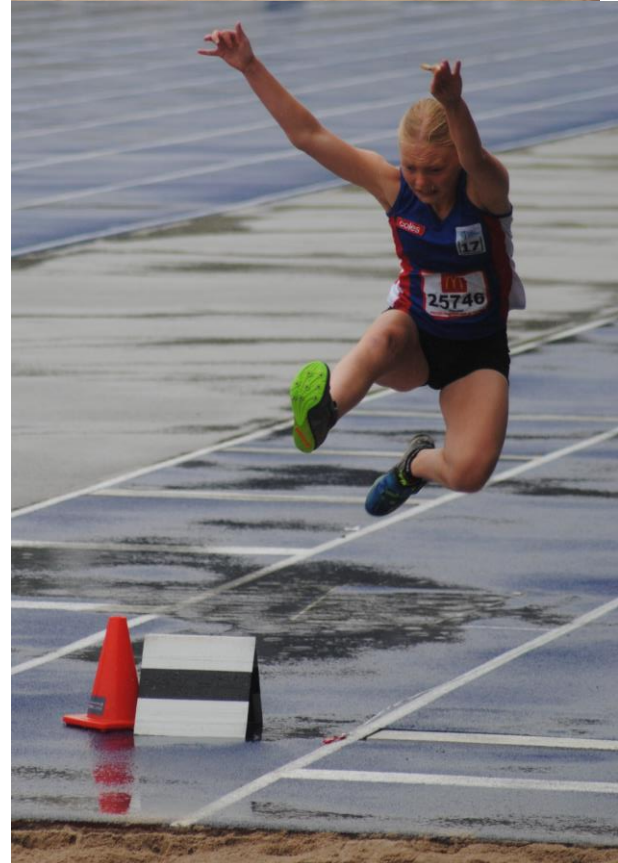
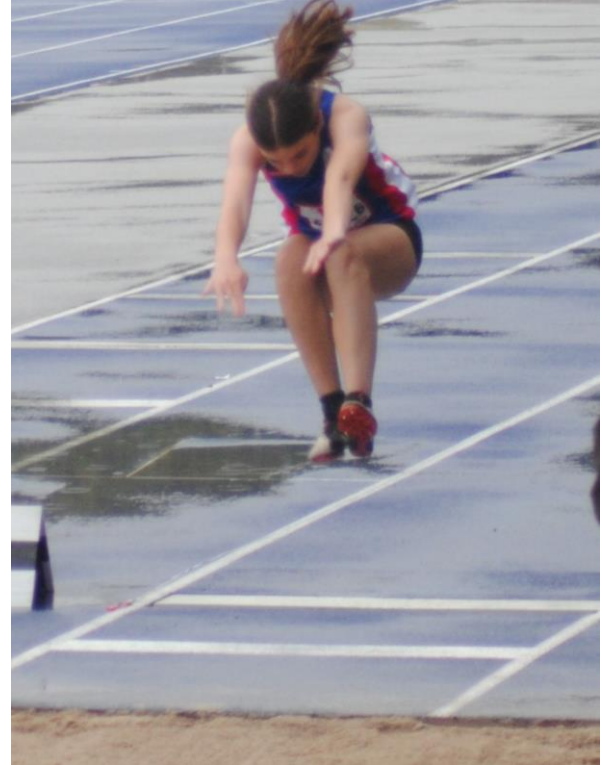
Above Simon & below Dave about to launch the shot while Andrew wanders by



Sunday morning and the weather was to range from a constant drizzle to heavy rain and by early afternoon, bone chilling winds, making it far from ideal conditions. It was great to see that every competitor turned up and did their best in those awful conditions.

Our U18 girls were out at 4 x long jump led by the 2021 U18 Australian silver medallist in long jump, **Sophie Kavanagh**. Sophie's jump was the 3rd best jump in the competition landing at 5.25m. **Kaitlyn Martin**, who has seen a big improvement in her long jump PB this season hit PB territory

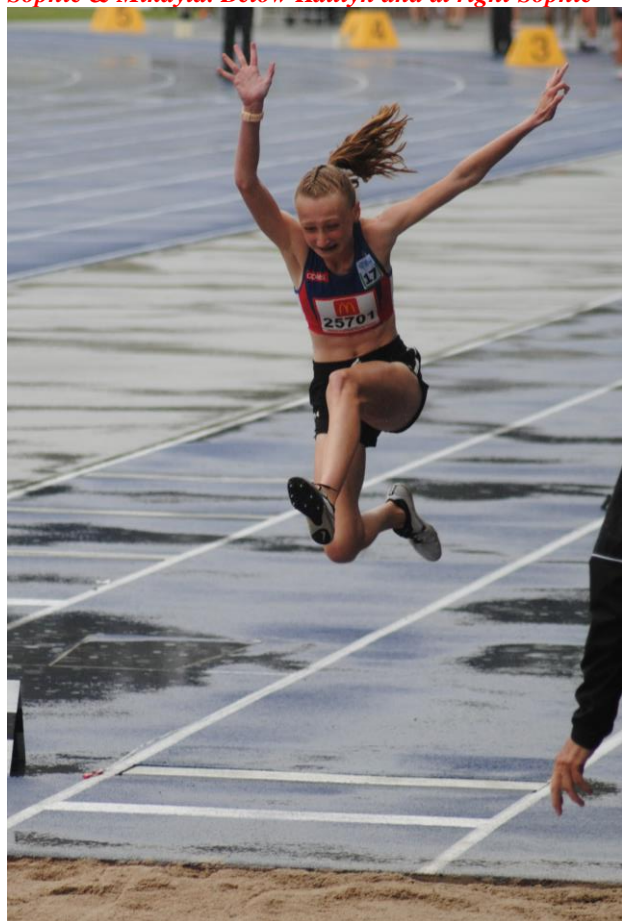
with a jump of 4.72m Mia Marshall 's best jump of 4.25m came in round and Mikayla Kelleher kept improving to finish with 4.53m. Overall in the biggest long jump field of the weekend (40 athletes in 10 teams) the girls managed a total of 18.75m to just miss the bronze medal and place 4th.



Above Mia & Mikayla at U18 Long Jump



Above U18W long jump team placed 4th . Kaitlyn, Mia, Sophie & Mikayla. Below Kaitlyn and at right Sophie



The 240+ masters were out again this time in the 4x javelin event. With **Andrew** having been a past Australian Masters Javelin Champion, he got the team off to a good start landing his best throw in round one of 32.33m. **Robert**'s best throw was 27.81m, Simon threw 21.14m and Dave 25.66m. This gave the boys a final result of 106.93m and the silver medal.

At right middle Andrew & bottom Robert.

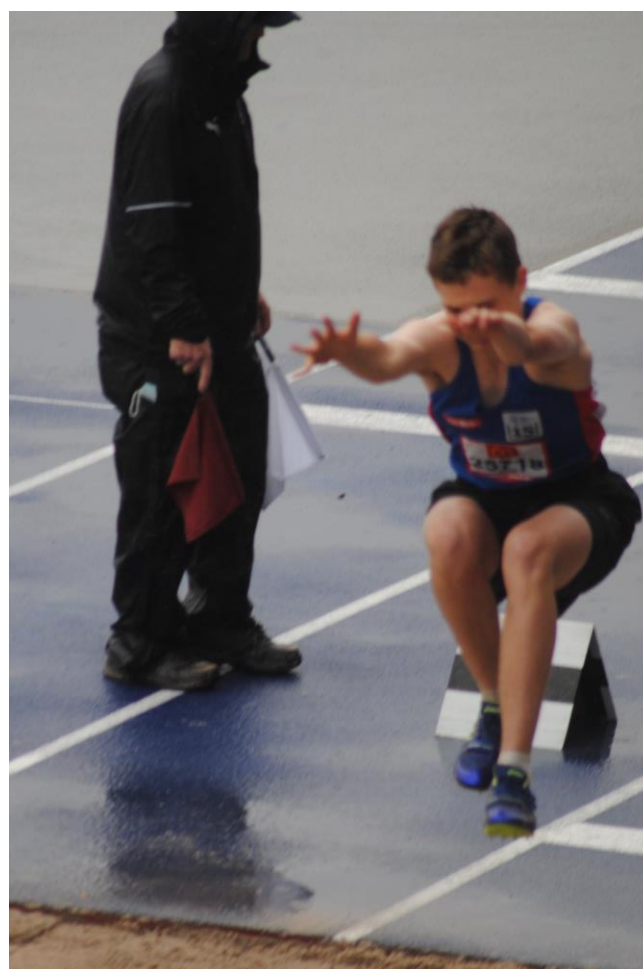


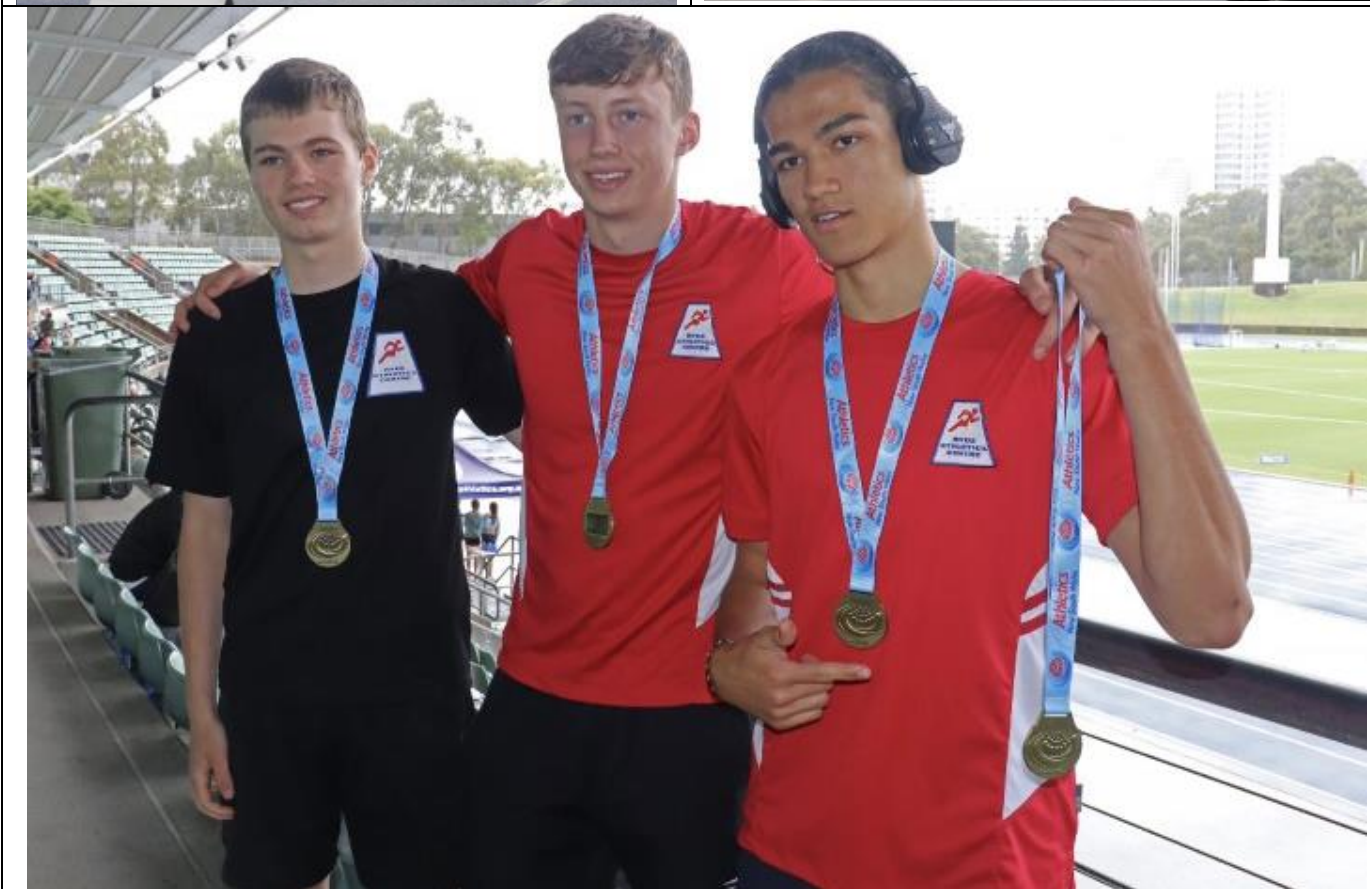
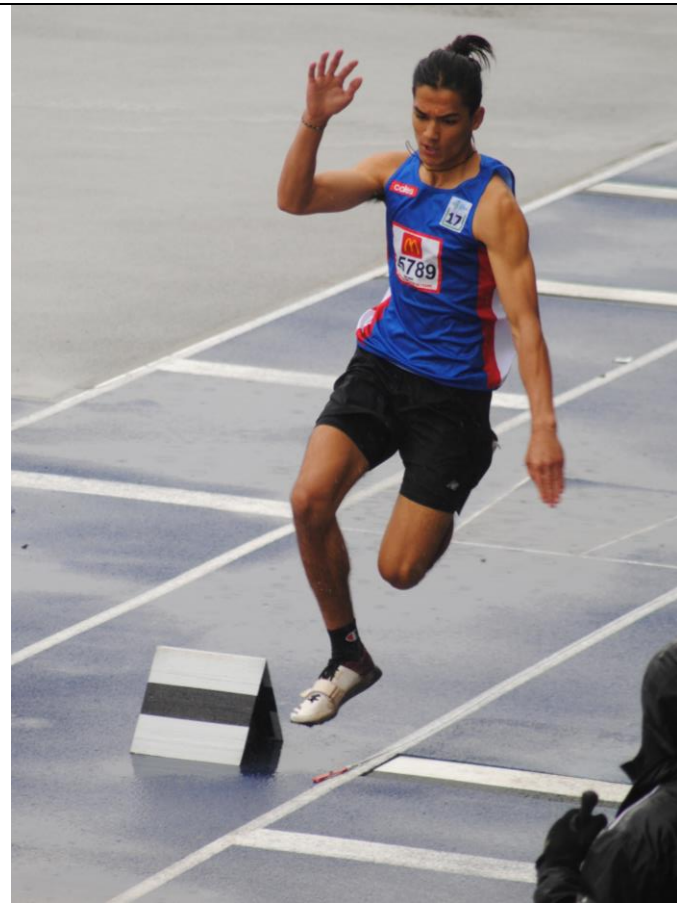
We had two more long jump teams out on the Sunday and first was the U18 4 x long jump team of **Jeremy Plummer, Rory Davison, Owen Chandler and Aidan Mannasz.**

Jeremy leapt out to 5.24m but injury clearly hampered his final two attempts as he ran through the pit.

Owen (at right), the youngest team member at just 14, followed up his PB at Nitro with a great effort landing the team's biggest jump of 5.50m in the second round.

Rory (below) who had been a member of the Ryde bronze medal winning team in 2019 got his best jump out in round two of 5.47m and **Aidan** stretched the tape to 5.43m on the first round for the boys to finish with a total of 21.64m and were awarded the gold medal.





Top Jeremy & Aidan hit the pit. Above our U18M long jump Gold medallists Owen, Rory & Aidan, pointing to Jeremy's medal. All our jumpers are young enough to compete in the same event next year!

For some reason, just as the rain got heavier, ANSW moved the U14M 4 x long jump team to the pit opposite the stand.

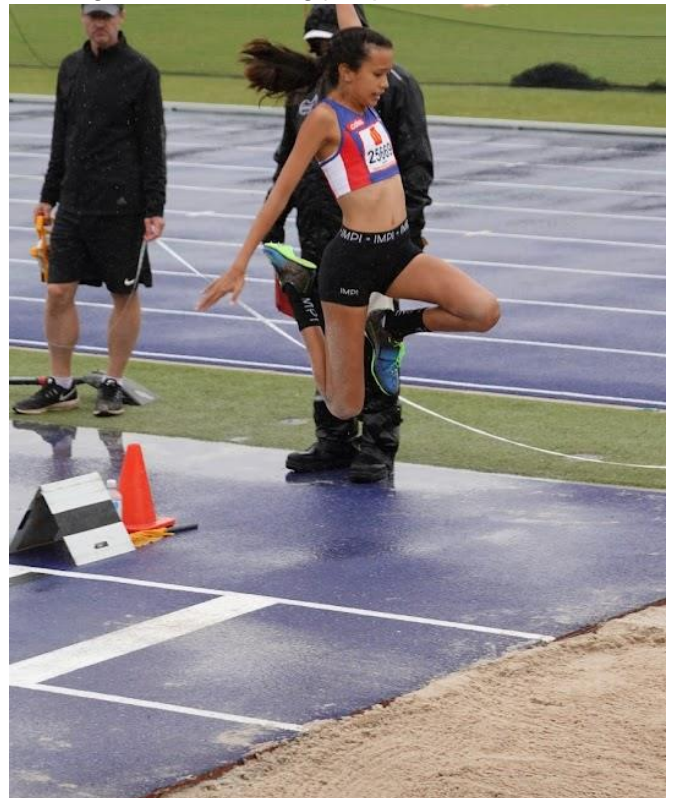
Alexander Holodenko (below) got the team off to a terrific start when he landed in the pit in his first jump at 4.83m for the 3rd best jumper overall.



Daniel Cox (below), who got called up to the team at 7am that morning, got his season's best jump out of 4.28m.



Zara Pawsey (below) had a terrific competition to place 6th overall with a first round best jump of 4.56m, a jump that would have placed her second in the girls U14 4 x long jump.



Oliver Tsang (below) was getting good height and landing well out into the pit but unfortunately was just over the board on all three of his jumps. Even so the team finished 5th at state with a total of 13.67m.



Want to see some live action from the weekend? Then check out video from ANSW Senior State Relays. Ely Pawsey did a great job of filming three of the sprint relays from the weekend. Catch the races on the [Ryde Athletics Facebook Page](#)

Back on the track the U14 boys 4 x1500m saw **Axel Bruntsch, Luke Moscos and Julian Smith** return after their silver in the 4 x 800m the day before. With Ben Woodhouse out injured but cheering from the stands, **Zara Pawsey** showed enormous Ryde club spirit to bravely step up to run with the boys so they could field a team and get in some good racing ahead of All Schools. All the boys ran strong legs to show they were as good over 1500m as they were over the 800m. Zara ran strongly for the final leg and the team crossed the line in 6th spot in a time of 21.09.79.



At left Axel, Above Luke & below Julian



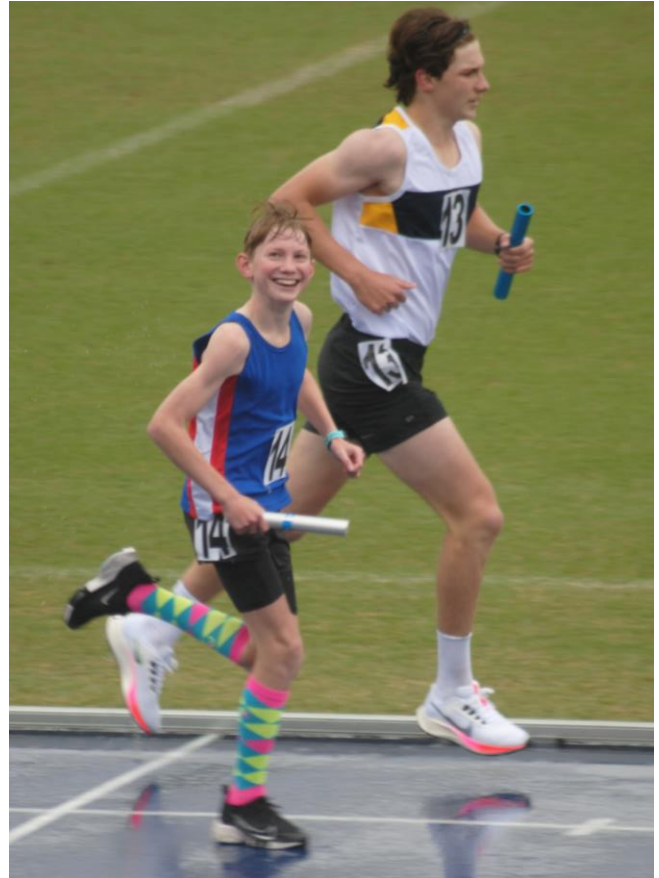
If you enjoyed the weekend's action or want to get some more competition in before NSW All Schools then why not sign up for more ANSW athletics events this Summer? . For the full current [calendar click here](#)

Coming up this weekend – Friday night Sydney Pacific Beaches Meet (Narabeen Track) 3km walk, 100, 1500, 400 and Long Jump

Saturday afternoon – Illawong High Velocity Meet (The Ridge) 100m, 200m, 400m, High Jump, Long Jump & Shot Put & State 10,000m.



Our U18 men's middle distance team were having their first run of the weekend in the 4 x 1500m . **Adam Bruntsch** got the boys off to an excellent start sticking with the lead two teams and setting up a good gap between Ryde and the fourth placed team. **Oliver Smith** ran next and extended that gap further as did **Nicholas Woodhouse** who was having his first run for Ryde at Senior Relays. Nicho kept the stand entertained with a big smile and cheery wave as he passed the Ryde cheer squad and drew a big roar from most of the stand. **Ashton Hanna** increased the gap to almost a lap over fourth to bring the team home for bronze in a time of 18m 16.86s.



Above and below Nicholas Woodhouse engages with and entertains the crowd!





Our last team out as the U18W 4 x javelin team. After two 4th places in shot put and discus over the weekend the girls were hoping to improve on that position and didn't disappoint.

Sophie Kavanagh, who only picked up the javelin again recently was our best competitor and threw 35.10m to measure the 3rd best throw overall.

Jess Johnston managed a 31.26m throw on her second attempt and **Caitlin Waldron** threw 22.49m in the second round as well.

Jess Koussas's first two throws were ruled flat and on her third throw, rather than go for distance, Jess wisely went for safety to ensure her throw would count and landed the javelin out at 21.92m. All up the girls finished with 111.07m to land them the silver medal.

It was a great weekend for Ryde and here's hoping it is the start of a terrific season for all our athletes.



Top Ashton. Above U14 4x1500m 6th Julian, Axel, Luke & Zara Below U18 4x 1500m 3rd Nicho, Adam, Ashton & Oliver



*Our U18W 4 x Javelin team silver medallists
Caitlin Waldron,
Sophie Kavanagh, Jess
Johnston, Jess
Koussas
Below middle Sophie
& Jess K and bottom
Jess J & Caitlin*

