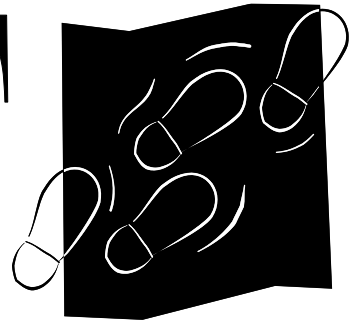




FOOTPRINT



Senior Edition Feb 2022

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As we reach the Championship end of the season, it is great to see many of our Ryde Seniors making the most of the competition that is on offer through Athletics NSW and associated clubs. As well as that, a number of our athletes have chosen to take their competition to the ACT, where we had athletes compete at both the ACT U20 and Open Championships in January, and last weekend, the U14-U18 Championships. Many of our athletes have also been competing across Little Athletics Zone and Regional Championships and we wish all our athletes who have qualified for the Little A NSW State Championships the very best of luck.

With the Athletics NSW Junior Championships getting closer it is timely to catch up with what our athletes have been up to since the NSW All Schools Championships back in December.

The NSW All Comers Meet 18 December 2021

At the **ANSW All Comers** held at the SOPAC warm Up track on Saturday 18th December Ryde was represented by 10 athletes.

Timothy Forster placed third in the Men's 110m (91.4cm) hurdles in a time of 14.99s. Tim also competed in the 100m where he finished in a time of 11.30s and was 2nd in his heat. In the 200m Tim was first across the line in his heat in a time of 23.13s.

Jessica Forster also competed in the 100m finishing in 14.07s. **Elysha Pawsey** was our only competitor in the open women's 200m running through in a time of 28.50s



Above Timothy Forster below Zara Pawsey.

Zara Pawsey competed in the 80m hurdles finishing 3rd overall in 14.29s. Zara also competed in Pool B of the Women's long jump and improved on every jump to finish with a distance of 4.58m.



Sophie Kavanagh ran the 100m in 13.21s and also produced a set of consistent jumps in the Open Women's Long Jump to finish with two jumps of 5.57m and a 5.50m jump to place 5th.



Above Sophie & Jessica in the 100m. Below Axel in the 1500m

Claudia Barlow cleared the bar at 1.80m in the Pole Vault B division to place 6th overall.



Axel Bruntsch ran in a big field in the open 1500m finishing 8th in 4m 37.98s.

Zara Warland registered the 3rd fastest time in the Open Women's 1500m finishing with 4m 53.18s. **Arabella Price** was 9th with a time of 5m 02.32s.



Above Zara & below Arabella in the Open 1500m



Adam Bruntsch competed in his first 3000m steeplechase, stepping up from the 2000m event and logged a time of 10m 14.96s to record a national qualifier.





Above Adam nails a 3000m Steeplechase national qualifier on his first attempt.

Illawong Walks and Throws Meet

At the **Illawong Walks and Throws** meet held at the Ridge the same day as the All Comers, Ryde had 4 athletes competing.

In the Men's 13yrs and under Javelin we had three representatives, two of who were making their debut performances at ANSW events, **Ben and Matthew Lawrence**.

Ben Lawrence threw 24.34m, **Matthew Lawrence** 26.73m and **Lachlan Waldron** 31.00m on his final throw. The three boys also competed in the U15 discus where Lachlan finished with 25.68m, Matthew with a best throw of 16.41m and Ben 16.87m.

Caitlin Waldron competed in the 17yrs and Under 3kg shot put and her second-round throw of 11.44m saw Caitlin finish 6th overall. In the Open discus Caitlin was 8th overall with a best throw of 30.27m.

Illawong High Velocity Meet

At the Illawong High Velocity Meet held on the 8th January we were represented by **Timothy** and **Jessica Forster** who both competed in the 100m and the 200m events.

Timothy recorded 11.72s for the 100m and 23.48s for the 200m. Jess finished fourth in her heat in a time of 14.4s and 2nd in her heat of the 200m in 29.32s.

Rotary Park All Comers Results Meet 1-9

Generally, every Saturday afternoon, competition is held down at Rotary Park and any Senior registered athlete can compete. If you are looking at a return to athletics this is a good gentle way to ease yourself back into competition.

In the first week of competition held the 30th October Ryde was represented by **Robert Hanbury-Brown** who was 3rd in the Men's Hammer throw with 36.30m, 5th in shot put with his second-round throw of 9.96m and 33.42m in the javelin secured him 4th spot.

In week 2 of the competition **Sue Gore** competed in her first 3000m of the season and was the second placed female in a time of 16m 36.40s. In week 3 Sue was first across the line in the mixed 3000m walk in exactly 17 minutes. **Sue** also won the mixed walk the following week in a time of 17m 45.8s. On the 15th January in Series 6 of the meets **Sue** again competed in the 3000m running a time of 17m 52.0.

In meet 7 **Jon Baker** had his first run in Ryde colours taking on the 1500m event. Jon finished just a couple of seconds off the Ryde Best Performance on record when he crossed the line in 5m 33s. **Andrew Atkinson Howatt** was our other competitor that day throwing the javelin out to 34.31m.

Robert Hanbury Brown contested three events at Meet 8 winning the 20lb weight throw with a toss of 14.79m. In the discus, Robert landed it out at 35.53m and in the shot, 9.97m.

On the 5th February **Andrew and Robert** competed as a warm up for the Ryde Senior Club Championships on the Sunday. Andrew came home with the bragging rights in the javelin when he threw 33.79m in the javelin to Robert's 33.27m. Robert was first amongst the Ryde throwers in the shot with 10.06m to Andrew's 8.78m and Robert also finished the day with a win in the men's hammer throw and a distance of 38.32m. **Sue Gore** was back on the track competing in the 3000m and stopped the clock at 18m 34.1s.

On the 12th February **Robert** was 2nd in the shot (9.84m), won the weight throw (13.70m) and also the discus (36.60m). **Sue Gore** finished the 3000m in 18m 12.9s and **Jon Baker** was not far off his season's best for the 800m (2m 46.3).

The NSW Milers Series 2 Meet

At the NSW Milers Series 2 Meet held at Bankstown Athletics held on the 20th January, Ryde was represented by 5 athletes.

Nicholas Woodhouse (below) was having his first attempt at the higher steeple height (84cm) in the 2000m steeplechase. Despite taking a tumble in the water about half way through the race, Nicho finished with a smile and came home in a time of 7m 50.1s.

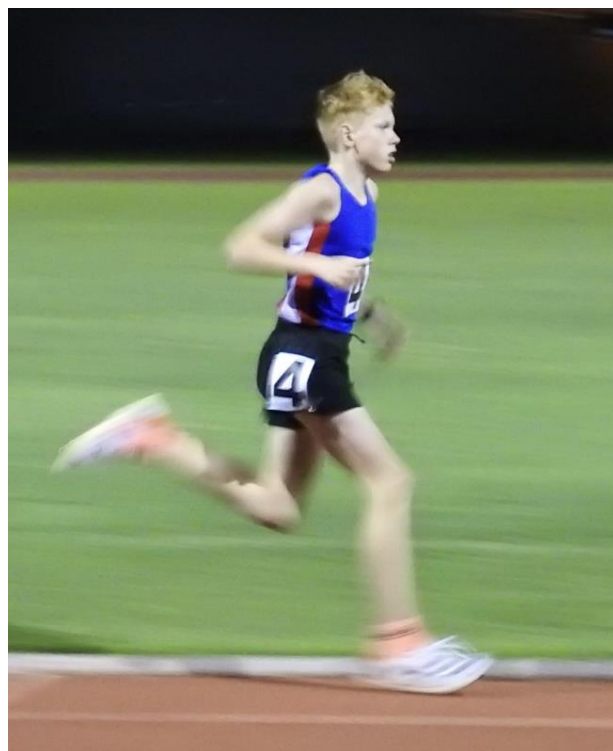


Georgia Phillips was also competing in the Steeplechase and registered well under the national qualifier with a season's best time of 7m 33.4s.

Benjamin Woodhouse was having his first meet since pulling up injured at the NSW State Relays last November. It was great to see Benji back out on the track in the 800m where he came home in a national qualifying time and season's best of 2m 11.7s. Only 40 minutes later Benjamin also ran a strong 1500m with almost identical lap times to finish with a season best of 4m 31.60s.

Arabella Price ran in the Women's 1500m B Race and sat in the top three all the way around, also running some consistent lap times to stop the clock just under 5 minutes with a time of 4m 59.20s.

Zara Warland was in the Women's 1500m A Race and was strong enough to hold down 2nd place for the whole race coming home in 4m 45.10s.



Above Benjamin looking good, running a national qualifier after a few weeks of rehab.

Congratulations to Chloe Davis, silver in the NSW Open Women's Heptathlon

Chloe Davis, who does a great job as Ryde Seniors Fundraiser Coordinator, put in a very gutsy performance over the 15th to 16th January at the ANSW Combined Event Championships that were held this year in the ACT.

At the end of the first day Chloe was just out of the medals in fourth place but an excellent day two saw Chloe move up to bronze with just the 800m to go.

Chloe still credits her ability to run a strong 800m to her time training with Ross and not only easily won the 800m but also moved herself into the silver medal position.

We wish Chloe all the best for the national Heptathlon to be held in Sydney at the end of March.

Chloe's individual results were 100m H – 17.13s (582 points) High jump- 1.47m (588) shot put – 9.64m (506) 200m – 26.36 (766) long jump - 5.02m (565) Javelin – 36.47m (600) 800m – 2m 25.50s (750) total points 4357



Above congratulations to Ryde Seniors Committee member, Chloe Davis on her fantastic result at the NSW Multi Event Championships.

The ACT U20 and Open Track & Field – Gold, silver & two bronze

The ACT U20 and Open Track & Field Championships were held the weekend of the 28th – 30th January and Ryde Seniors were represented by five athletes.

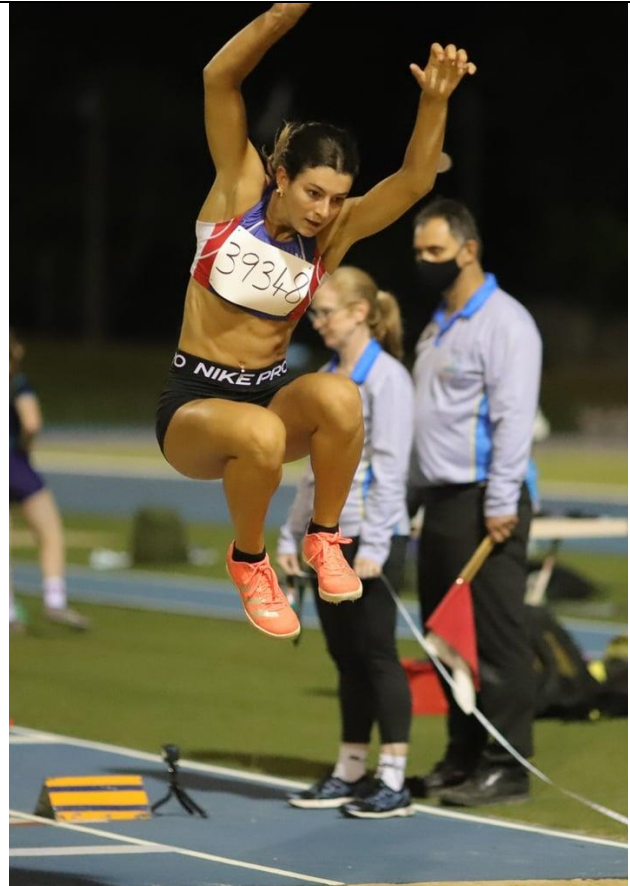
Alyssa Lowe competed in the U20 Long jump and got off to a good start and best jump of 5.88m to take the silver with her first jump.

Sophie Kavanagh, who has just stepped up to the U20 age group finished just 3cm out of the medals with a best jump of 5.59m on her last jump.

Aly and **Sophie** also competed in the U20 100m heats. Aly placed 3rd in the heat in a time of 12.69s to secure a final's spot. Sophie placed 7th in the third heat in 13.69s. In the final Aly was 6th home in 12.74s.

Sophie also competed in the U20 high jump where she picked up a bronze medal with her clearance of 1.60m.

Ashton Hanna competed in his first U20 3000m Steeplechase event and won the gold medal in a time of 10m 17.54s. Ashton also competed in the U20 1500m where he placed 3rd in 4m 13.51s.



Sophie, above in the long jump and below clearing the bar for bronze in the high jump.



Timothy Forster is still an U18 athlete but competed strongly in the U20 200m where Timothy finished 4th in his heat in a new PB and National qualifying time of 22.71s. In the 100m Tim was 5th in his heat in 11.52s. Tim's final event was the 110m H where Tim finished with another PB, NQ and also new Ryde Best Performance on record time of 14.55s.



Above Timothy achieves another NQ for hurdles. Below gold for Ashton in a national qualifying time.



Joining Ashton in the 3000m Steeplechase and making his Ryde debut at a Championships event was Club Director, **Jon Baker**.

Jon, who is a regular jogger around the streets of Epping joined the club this year as an athlete. Jon had set himself a seed time of 15min for the event but smashed that when he finished in a time of 13m 20.51s for a Ryde Best

Performance on Record for 50yrs+. Jon will contest the challenging Steeplechase event again at the NSW Masters Championships.

Below Jon at the water jump



Bankstown Milers Series 3

On the 5th February at the Bankstown Milers & other events, Ryde was represented by 5 athletes.

Nicholas Woodhouse was first on the track and competed in the Men's D 1500m race and finished in a time of 4m 52.88s. **Ben Woodhouse** ran in the C race and secured his national qualifying spot at nationals for the U15 1500m when he stopped the clock at 4m 24.67s.

Axel Bruntsch competed in the Men's 800m C race and ran a good time of 2m 11.58 to add his already long list of NQ times for the 800m this season. Axel's brother **Adam** was in the 800m A race and finished in a time of 1m 58.80s



Above Nicho, Benji, Axel and Adam at the Crest

Arabella Price was our final runner of the night at the Milers competing in the Open Women's A Race. Arabella ran very consistent lap times to come home in a time of 4m 52.79s

Campbelltown night of Sprints

The Campbelltown night of Sprints were also held on Saturday 5th February and Ryde was again represented by 5 athletes.



Above Daniel & Aidan both ran the sprints at Campbelltown

Lachlan Waldron competed in the Men's Open Shot put and got his best throw out to 8.82m

Lachie's sister **Caitlin** was also in the shot put, and working on a new spin technique had a best throw of 11.63m.

Sophie Kavanagh placed second amongst the Women in the Open Mixed long jump with a best leap of 5.57m. Sophie also ran in the 100m and clocked 12.93s, a season's best.

Daniel Cox competed in the Men's 100m heats and finished in 13.8s. In the 200m Daniel ran into a 4m headwind but still managed a good time of 30.30s.

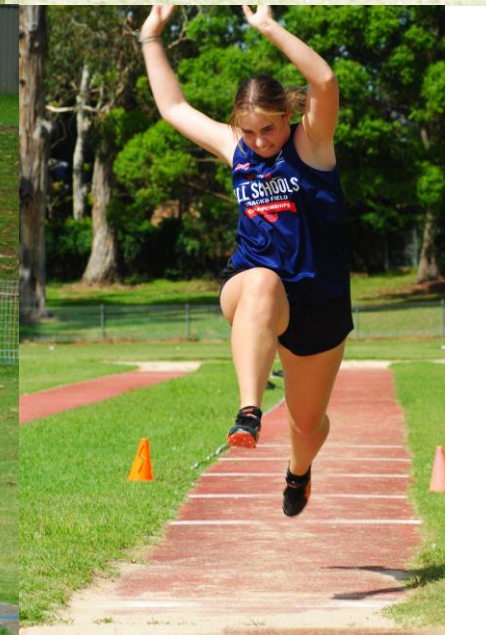
Aidan Wright was our final competitor of the day, finishing 4th in his heat of the 200m in a time of 25.35s.

Ryde Senior Club Championships Day 2

It is disappointing that we seem to be getting smaller and smaller groups coming along to our Club Championships mornings but it is always great for those who turn up and have a go at a few events. Great to see Club Spirit there too in some of the athletes such as one of our talented throwers, **Lachie Waldron** agreeing to get out and pace **Jon Baker** as he attempted to break the 800m record, which Jon went on to demolish!

At the end of the morning our competitors had set six new Ryde Senior records.

Name	Age	800m	Shot put	200m	TJ	Javelin	1500mWalk
Jon Baker	50+	2m 44.3 R					
Andrew Atkinson - Howatt	65+					27.45m	
Robert Hanbury-Brown	65+		10.11R			31.18m R	
Simon Bergfield	60+		8.51m			22.73m	
Dave Johnston	50+		8.33m			25.53m	
Caitlin Waldron	U18		11.54m		7.47m	23.85m	
Aidan Mannasz	U18				12.38 m		
Jess Johnston	U15		11.11m R			28.07m	
Andrew Kalos	U15		12.22m R	28.3s		39.70m R	
Owen Chandler	U15		8.20m	26.5s	11.64 m		
Lachlan Waldron	U14	3m 01.70s	10.89m	32.1s	8.55m	32.89m	
Rhys Chandler	U12						9m 28s





Illawong Track Challenge

At the Illawong Track Challenge held on Saturday 12th February Ryde was represented by 4 athletes.

Alyssa Lowe and **Sophie Kavanagh** were both competing the Open Women's Long Jump and both athletes jumped consistently with Aly finishing in 5th place with a best jump of 5.67m and Sophie just one spot behind with 5.58m.

Jess Forster was 2nd in the 6th heat of the Open Women's 100m and finished in 14.01s.

Adam Bruntsch was our final competitor of the day and was the fastest athlete in the Open men's 1500m with a time of 4m 06.76s.

State 5000m & supporting events

The State 5000m and supporting event carnival was held on the 12th -13th February and Ryde Seniors had four athletes competing.

It was a return to the track for this season for **Amelie Sun** and Amelie showed she was back in great form in her first run in the 800m Open Women's event. Amelie ran an excellent time of 2m 15.41s to place 5th overall and pick up an U20 800m national qualifying time.

Ashton Hanna also competed in the 800m and ducked under 2 mins for a personal best time of 1m 59.72s to place 4th overall in the men's open 800m.

Our final two competitors had a busy weekend as they were also competing at the Little A regional carnival. **Benjamin Woodhouse** ran in the second heat of the men's open 800m and finished in 2m 11.14s.

Claudia Barlow competed in the Open Women's Pole Vault and finished 5th on 1.90m after just nudging the bar off on her final attempt at 2.05m.

ACT Athletics U14-U18 Championships – huge medal haul for Ryde Athletes. Eight gold, six silver, two bronze.

At the ACT U14-U18 Athletic Championships held at the Woden Athletics Track in the ACT from the 18th to 20th February, Ryde Seniors were represented by 5 athletes who competed in a total of 21 events over the three days.

Caitlin Waldron had the biggest medal haul of the weekend coming home with one gold, two silver and two bronze medals in the U18 women's events.



Above Caitlin with a good weekend's work.

Caitlin's continuing improvement in the shot put this season saw her take home the gold with a best throw of 12.20m. In the discus Caitlin threw 30.69m for silver and in the hammer Caitlin also picked up a silver medal with her best throw of 28.96m. In the javelin Caitlin was third with a throw of 26.08m and picked up another bronze medal when she leapt 1.25m in the high jump.

Caitlin's brother **Lachlan** competed in the U15 mens events and won gold in both the javelin and hammer events. In the javelin Lachlan threw 31.80m and in the hammer 21.49m. Lachlan was the silver medallist in the 4kg shot put event with his throw of 8.98m and again won silver in the discus where he threw 25.32m. In the triple jump Lachlan landed a PB jump of 9.49m to finish just out of the medals in 4th.



Jess Johnston (below) was competing at her first Senior event for 2022 and had a great meet too, contesting four events in the U16 Womens.



Jess (below) won the shot put with her best throw of 12.17m. Jess also came home with gold in the discus with a distance of 37.35m. Jess's third gold was in the javelin where she threw 31.14m. In the hammer throw Jess produced a throw of 36.46m for silver. Jess finished 9th in the long jump with a distance of 4.19m.



Out on the track **Benjamin & Nicholas Woodhouse** were also having a successful weekend.

Benjamin won the U15 800m on the Friday night but a failure of the electronic timing to register his run and the absence of back up manual timing, meant Benjamin didn't get an official time. In the 1500m Benjamin was the clear winner just off his PB with a time of 4m 26.01s.

Below Benjamin well ahead of the field in the 1500m





Above Benjamin and Nicholas. Below Nicho clears the steeple.



Competing in the U17 age group, **Nicholas Woodhouse** placed 4th in the 800m on Friday night in a time of 2m 24.65s. In the 1500m on the Saturday night Nicholas collected the bronze medal in a time of 4m 57.70s. In his final event of the meet, Nicholas won the silver medal and cut his PB time by five second for the 84cm 2000m steeple when he finished in 7m 43.94s.

The Athletics NSW U23 & Open Track & Field Championships

At the Athletics NSW U23 & Open Championships held at SOPAC from the 18th-20th February, there were five Ryde Seniors in action, all of whom were using the Championships as a great warm up event ahead of next weekend's NSW Juniors Championships.

Sophie Kavanagh (below) competed on the Friday night in the Open Women's High Jump and placed 7th overall with her clearance of 1.60m.



Photo above courtesy of Natalie Wong- IG@beyond_the_road

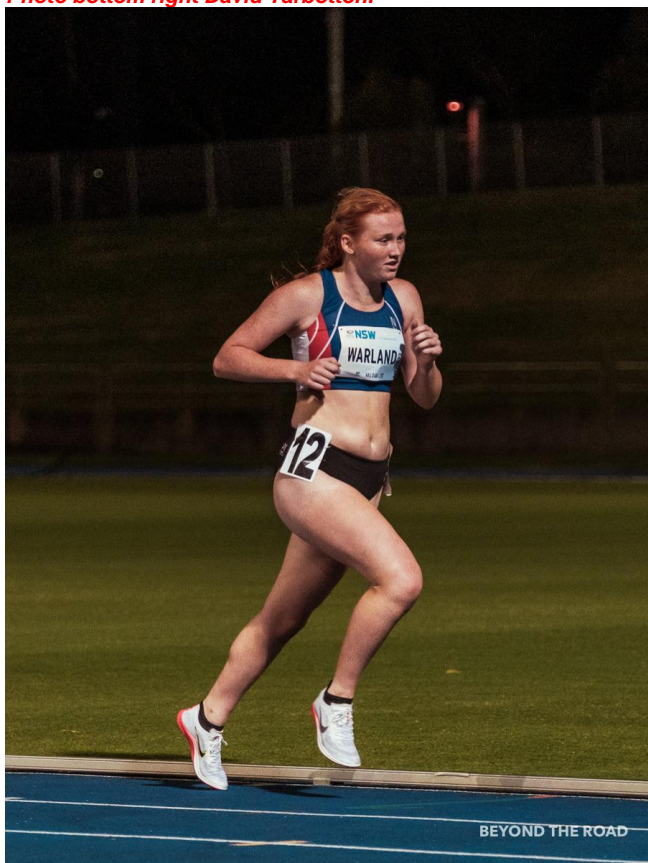
The heats of the Open 1500m were also held on Friday night.

Ashton Hanna competed in the Open Men's 1500m heats and placed 9th in his heat and 31st overall in 4m 13.49s.

Zara Warland contested the Open Women's 1500m and ran 10th in her heat and 20th overall in a time of 4m 53.28s.



*Above Ashton & below Zara in the Open 1500m heats.
Photos courtesy of Natalie Wong- IG@beyond_the_road
Photo bottom right David Tarbotton.*



On the Saturday Zara was back competing in the heats of the Open Women's 800m. Zara placed 6th in her heat and 13th overall in a time of 2m 20.72s.

On the Sunday evening we had three competitors in the field events.

Claudia Barlow at the age of 14 was Ryde's youngest competitor over the weekend, competing in the Open Women's Pole Vault.

Claudia got her best result for 2022 so far and equalled her PB height of 2.00m to place 11th.

Our final two competitors were **Sophie Kavanagh** and **Alyssa Lowe** competing in the Open Women's Long Jump.

Alyssa and Sophie both put out their best set of jumps for the season with Sophie adding 10cm to her PB and Aly nailing her first 6m plus competition jump of the season.

Sophie's first jump of 5.62m was good enough to get her a top eight spot for the final and an extra three jumps. Sophie made the most of that and landed a career best jump of 5.78m to take home 6th place.

Aly hit the board on five of her six jumps which was great to see. Before landing her season's best 6.02m jump in the final round, Aly had come so close to the magic 6m mark when she landed at 5.96m and 5.98m in the second and third rounds. Aly finished in 5th place overall. An outstanding result for both the girls and for Ryde to have two junior long jumpers both make the top eight at the Open State Championships.

Also spotted on the track were **Kate Spencer** and **Georgia Winkcup**, former Ryde Athletes and the granddaughters of Ryde Athletics Patron, **Betty Moore**. We congratulate Georgia on her silver and Kate on her 5th spot in the Open Women's 1500m.



Above Kate and Georgia 2nd and 3rd from left