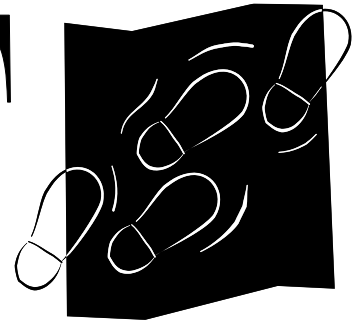




# FOOTPRINT



Senior Division Edition February 2022

RYDE ATHLETICS CENTRE INCORPORATED

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

## Great weekend for Ryde Athletes – 2 Gold, 10 Silver, 7 bronze medals

It seems that most years we don't get the best weather for the Athletics NSW Juniors but unlike some other sports, we were still able to compete over the three days. With a start list that got reduced by Covid quarantining and injuries, Ryde still managed some great results despite heavy rain at times. With 31 athletes competing over the weekend, Ryde Seniors came home with an incredible 19 medals!

Congratulations to our medallists;  
Gold and new national record to **Nathan Barbara** in the U17 Para discus (17.20m 65.95%)

Gold **Georgia Phillips** U17 2000m Steeplechase

Silver **Claudia Wilson** U17 2000m Steeplechase (8m 15.55s)

Silver **Adam Bruntsch** U20 3000m Steeplechase (9m 55.70s)

Silver **Benjamin Woodhouse** U15 3000m (9.29.41)

Silver **Claudia Barlow** U16 Pole Vault (2.00m)

Silver **Yahya Ali** U15 100m (11.67s)

Silver **Aiden Wright** U15 400m (53.26s)

Silver **Nathan Barbara** U17 Para shot put (5.03m 40.11%)

Silver **Aidan Mannasz** U17 Triple Jump 12.60m

Silver **Jess Johnston** U16 discus (38.68m)

Silver **Jess Johnston** U16 shot put (12.11m)

Bronze **Jess Johnston** U16 javelin (32.35m)

Bronze **Jess Johnston** U16 Hammer throw (37.95m)

Bronze **Timothy Forster** U18 110m Hurdles (14.45s)

Bronze **Alyssa Lowe** U20 100m hurdles (14.80s)

Bronze **Brendan Mannasz** U18 High Jump (1.85m)

Bronze **Lachlan Waldron** U15 javelin (34.79m)

Bronze **Nicholas Woodhouse** U17 2000m Steeplechase (7m 39.62s)



Above our two newest qualifiers for nationals – Nicholas Woodhouse & Daniel Cox. Well done boys!

## Congratulations to the Ryde Athletes who made the National Rankings for 2021

Each year Athletics Australia produces a list of rankings from around Australia for best performances.

Fifteen of our talented athletes made the list in 2021. Athletes can be listed in Age groups above their actual age if their performance is good enough to result in a

ranking in those age groups. Well done to all those listed below and good luck to everyone chasing a ranking in 2022. You can track them through [this link here](#)

Special mention to **Ruby Worrell, Adam Bruntsch, Aiden Wright and Alyssa Lowe** for their top ten rankings in 2021.

Name	Age	Event	Aust Ranking	Result
Ruby Worrell	Open	4x200m Relay	5 <sup>th</sup>	1m 40.31s
Ruby Worrell	U16	4x200m Relay	1 <sup>st</sup>	1m 40.31s
Ruby Worrell	U16	400m	4 <sup>th</sup>	56.66s
Timothy Forster	U18	110mH (91cm)	24 <sup>th</sup>	14.99s
Adam Bruntsch	U18	2K Steeple	4 <sup>th</sup>	5.59.75
Alyssa Lowe	U20	100m Hurdles	10 <sup>th</sup>	14.67s
Alyssa Lowe	Open	100m Hurdles	29 <sup>th</sup>	14.67s
Alyssa Lowe	U20	Long Jump	8 <sup>th</sup>	6.02m
Alyssa Lowe	Open	Long Jump	22 <sup>nd</sup>	6.02m
Sophie Kavanagh	Open	High Jump	=30 <sup>th</sup>	1.70m
Sophie Kavanagh	U20	High Jump	=20 <sup>th</sup>	1.70m
Sophie Kavanagh	U18	High Jump	=16 <sup>th</sup>	1.70m
Sophie Kavanagh	U18	Long Jump	14 <sup>th</sup>	5.68m
Sophie Kavanagh	U20	Long Jump	26 <sup>th</sup>	5.68m
Sophie Kavanagh	Opens	Long Jump	52 <sup>nd</sup>	5.68m
Georgia Phillips	Open	2000m Steeple	37 <sup>th</sup>	7m 29.67s
Georgia Phillips	U16	2000m Steeple	17 <sup>th</sup>	7m 29.67s
Jess Johnston	U16	Discus	14 <sup>th</sup>	39.34m
Jess Johnston	U16	Javelin	20 <sup>th</sup>	36.84m
Max Mayhew	U16	3000m Walk	18 <sup>th</sup>	16m 46sm
Mia Marshall	U16	Pole Vault	17 <sup>th</sup>	2.60m
Axel Bruntsch	U14	800m	11th	2m 07.30
Benjamin Woodhouse	U14	800m	22nd	2m 10.98s
Benjamin Woodhouse	U14	1500m	15th	4m 26.58
Aiden Wright	U14	400m	3rd	52.96s
Aiden Wright	U14	200m	13th	24.58s
Yahya Ali	U14	200m	15th	24.66s
Yahya Ali	U14	100m	=10th	12.01s
Lachlan Waldron	U14	Javelin	19th	34.57m
Jess Koussas	U14	Javelin	11th	34.27m

## The Athletics NSW Track & Field Championships

The Athletics NSW Juniors were held at SOPAC from the 25<sup>th</sup>-28<sup>th</sup> February and Ryde Seniors were represented by 31 athletes. With rain and storms predicted for the whole three days we were hoping that our athletes would stay safe and injury free. They certainly didn't stay dry, many of them competing in torrential rain.

First out on the track was **Timothy Forster** who has been cutting down his time over the hurdles and sprint again this season. In the final of the U18M 110m hurdles Timothy, running in lane 2

got off to an excellent start, looked clean across the hurdles and was clearly in the front three for the whole race. Tim stopped the clock at 14.45s an improvement over 1.2s from his results at 2021 Juniors to claim Ryde's first medal of the afternoon, a bronze. Tim's time is a Ryde Best Performance on record, shaving .10s off the previous record, that he already held.

**Alyssa Lowe** was wearing the Ryde colours for the last time this weekend before she transfers to USyd Athletics after being accepted into University of Sydney to study Architecture and also being accepted into their Elite Athlete

program. Aly's first event was the U20W 100m hurdles where Aly fairly quickly took the lead to come home first in a time of 15.14s to qualify as the 4<sup>th</sup> fastest for the final.

In the final Aly got off to a great start and always looked in medal contention, cleanly over the hurdles to finish in a time of 14.80s for bronze.

Remarkably the two hurdle races today were the first hurdles Aly had run in over twelve months.



*Above Tim looks focused at the start. Below Aly clears the last hurdle Photo below by Beyond the Road*



Alyssa was back out in the field that night for the U20W long jump as Ryde's sole representative as team mate, **Sophie Kavanagh** was to have been competing at the Touch Footie State titles in Port Macquarie which were unfortunately called off due to the ground conditions.

Aly had had a really strong competition the week before at NSW Opens where she once again landed over the 6m mark. At Juniors, Aly unfortunately couldn't get her take off right and fouled two jumps and ended with 4.13m to place 13<sup>th</sup>.

We wish Aly all the best competing for USyd Athletics.

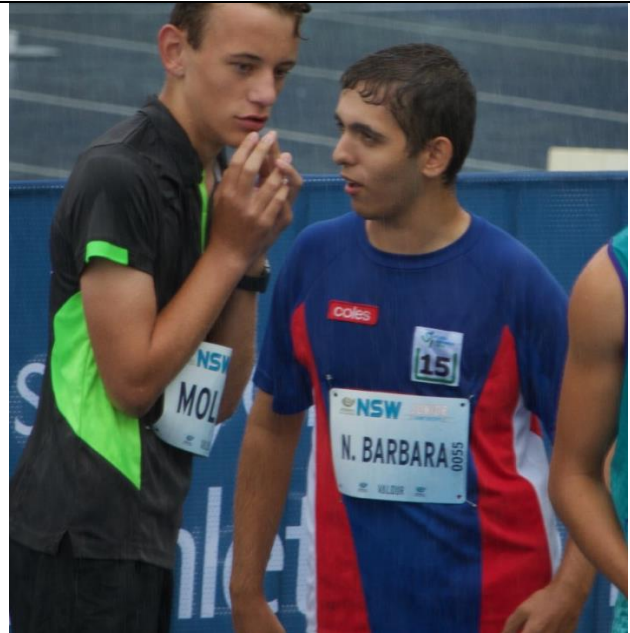
**Nathan Barbara** competed in two events on the first day of the Championships. In the U17 discus Nathan's best throw of 17.20m (65.95%) in round three was a new PB and national record and earned him Ryde's first gold medal of the Championships.

After getting fairly wet waiting on the start line, Nathan finished 4<sup>th</sup> in a time of 29.20s (41.95%) in the U17M 100m Para event.



**Above Nathan with his first of two medals of the carnival. Gold in the U17 Para Discus. Top right Nathan waiting in heavy rain for his 100m to start**

**Claudia Barlow** (below) had also warmed up for NSW Juniors by competing at the NSW Opens competition the week before where she managed an equal PB jump. In the U16W Pole Vault the girls did their trials but then the weather delayed the event for some time. When it eventually commenced, Claudia cleared the bar at 1.60m, 1.80m and 2.00m to place second.



Inspired by his daughter's efforts in pole vault, Claudia's dad Steve, has now joined Ryde as a senior athlete and will take on the Pole Vault at the ANSW Masters State titles in two weeks. Which dad will be next?!

Despite having won the Pole Vault at NSW All Schools, **Brendan Mannasz** was concentrating solely on the high jump, an event that he also won at the 2021 NSW All Schools. The rain was absolutely pouring during Brendan's event and seemed to be pooling on the ground as the boys competed in truly awful conditions. Brendan competed well in the U18M event clearing all the heights from 1.70m to finish with 1.85m and place 3<sup>rd</sup>.





**Above Brendan – bronze in the U18 high jump. Below Daniel sets his blocks for the 90m hurdles**

One of our youngest competitors of the weekend was **Daniel Cox** at still only 12, competing at his second year at NSW Juniors. Daniel was to have a busy weekend competing across four events and is a great example of a young athlete taking advantage of Saturday afternoon events across Sydney. In his first event, the U14M 90m hurdles final Daniel got a great start, despite the rain, to finish 6<sup>th</sup> in 14.97s which is a national qualifying time. By comparison Daniel ran 14.09 in the shorter 80m hurdles just last December at NSW All Schools, a huge improvement, especially considering the weather conditions.



In Daniel's second event on Friday, the U14M High jump Daniel placed 4<sup>th</sup> on countback after

clearing a height of 1.35m.

**Juliette Cooley** (middle below) was out in the heats of the U14W 400m. Juliette had recently qualified at Region to contest the 400m at State Little A next month, so Juniors would be a good warm up event for that. In the heats Juliette placed 6<sup>th</sup> and 12<sup>th</sup> overall at State in a time of 66.40s.

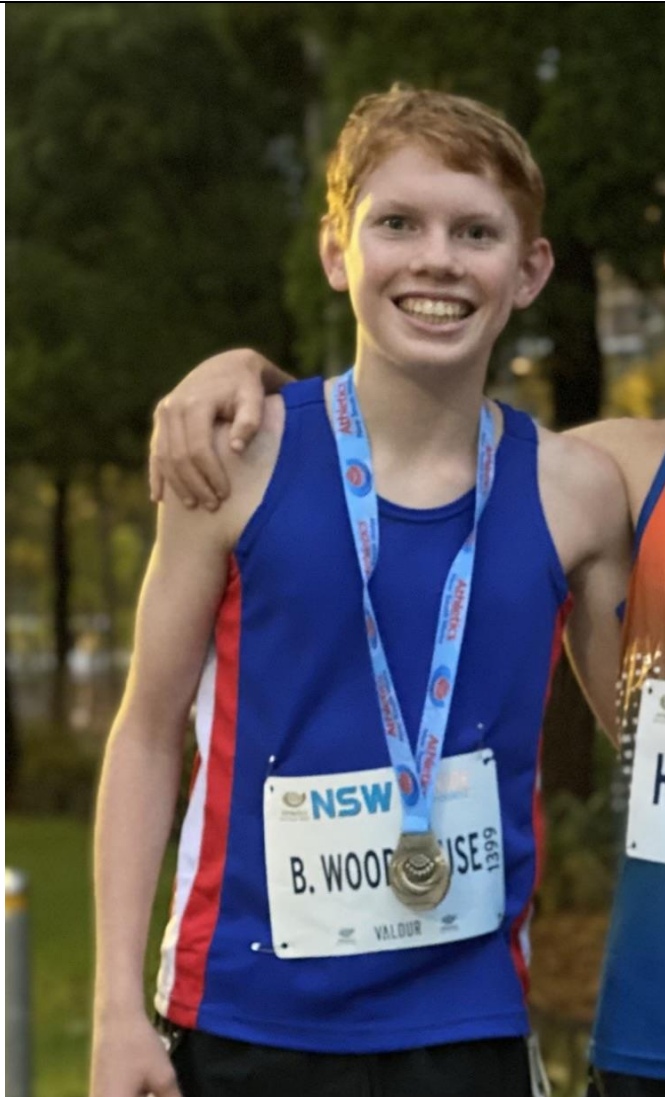


**Aiden Wright** has twice broken the Ryde Little Athletics 400m record this season as well as setting a new Ryde Seniors Best Performance on record for 13yrs so we knew he would be setting a fast pace in the U15M 400m heats. Despite a little stumble not far past the start, Aidan powered round the first bend to quickly take a commanding lead to win his heat, overall and secure a spot in the finals on Saturday as second fastest qualifier (53.68s) by just 0.08s.

**Benjamin Woodhouse** and **Julian Smith** were the first of our four competitors in the 3000m events and the boys were contesting the U15M event. Benji moved out with the front pack for the first 1000m but by halfway he was in a tight battle for the silver medal that continued until the bell when Benji absolutely took off and was gaining on the leader with every step. At the, bell Benji was 10 seconds behind gold and by the time he crossed the line he was less than four seconds. His final lap was the fastest lap of the race by any athlete and Benji finished in a new pb time of 9m 29.41s.

Julian set a consistent pace throughout the race to finish 13<sup>th</sup> in 10m 49.14s, almost 25sec faster than his time at Regionals.

**Jess Johnston** has had an injury plagued season that saw her miss the 2021 All Schools, but her results at Region and at the recent ACT State Championships had shown that Jess was well back on the road to recovery. In her first of her four throws event for the Championships, Jess started with a couple of fouls and went into the fourth round



**Above Benji silver and new PB in the U15 3000m.**

in fifth place but as Jess often does, she pulled out a big throw of 37.95m in the final round of the U16W hammer event to end up with the bronze medal.

**Georgia Phillips** was to start her Championship program when she contested the U17W 3000m in the pouring rain on the Friday night. Georgia, who had already achieved the National Qualifying time for the 3000m this season ran a time of 10m 51.44s for 9<sup>th</sup> place.

**Arabella Price** was our final runner of the night in the U20W 3000m. Running in just awful wet conditions Ara wasn't able to complete the race.

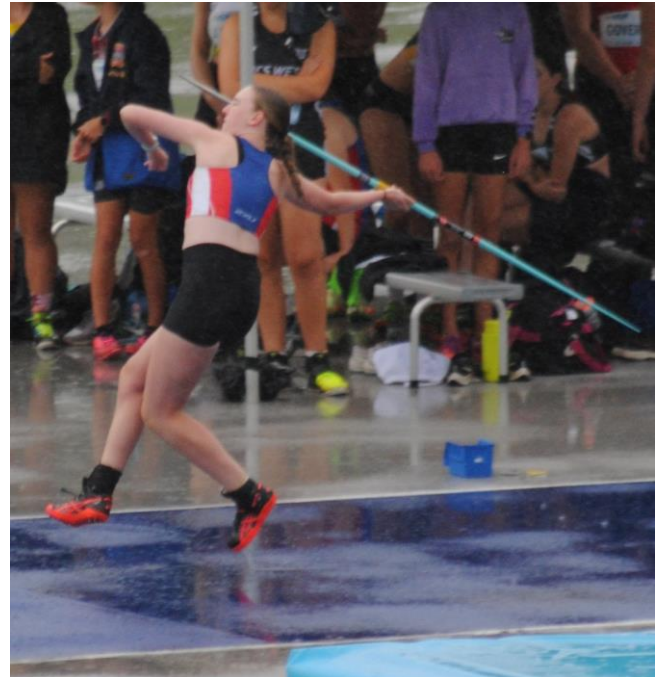
Saturday morning dawned with more grey skies over Homebush and more rain. Two of our talented javelin throwers, **Jess Koussas** and **Jess Johnston** were out first, competing in the U15W and U16W javelin, which was held at the same time.

Jess K's first round throw was her best throw at 28.89m and good enough for 5<sup>th</sup> place in the U15's.



**Wet, wet, wet conditions for Jess K above and Jess J below at the javelin**

**Jess Johnston** started with a foul but moved herself into third with her second throw where she was to finish with the bronze medal and a final round throw of 32.35m.



**Andrew Kalos** has been making good progress this season in both the shot put and javelin, and whilst the javelin is his pet event it was good to see Andrew having a crack at the shot put as well. Competing in the U16M event Andrew threw a distance of 12.21m in his second round to place 6<sup>th</sup> at state.

Later that afternoon Andrew (below) competed in the U16M javelin and managed to increase his distance on every throw to finish with a best throw of 41.74m in the final round to place him 6<sup>th</sup> in the State.



**Lachlan Waldron** (below) was out in the early afternoon in his pet event, the U15M javelin. As an U15, Lachlan had moved up in the weight of the javelin that he had to throw (700g) and had used the ACT Championships as a good warm up event with the new weight. This paid off with Lachlan landing two new pb's to finish the bronze medal and a distance of 34.79m.



**Timothy Forster** (below) was out on the track again this time in the big heats of the U18M 100m. Timothy, running into a headwind finished in 11.66s to place 16<sup>th</sup> overall.



**Jessica Foster (below)** contested the heats of the U20W 100m. Jess ran 9<sup>th</sup> in heat one and finished in a time of 14.07s to place 26<sup>th</sup> overall.



**Aiden Wright (below)** was running his first final of the Championships, the U15M 400m after setting the 2<sup>nd</sup> fastest time in the qualifying heats. Aiden got off well in the middle lane and picked up speed around the 200m mark to hit the straight neck and neck with another runner. The lead was to change a number of times in the last 100m with Aiden finishing with the silver in a time of 53.26s. This time is good enough to qualify Aiden for both the U15 and U16 400m.



We were disappointed not to see Ryde Little Athlete, **Joshua Smith** join Aiden in the final as he had also qualified. Josh unfortunately had to withdraw due to illness. We wish Josh a speedy recovery.

**Caitlin Waldron** had changed her shot put technique to spin during this season and it had been paying off with over 12m throws at both Little A regions and the ACT U14-U18 Championships. Caitlin threw in a very wet circle that played havoc with many of the throwers but got a good set of throws out finishing with a best throw of 11.76m in the 2<sup>nd</sup> round for 6<sup>th</sup> place overall.

**Nathan Barbara** was up for his final event of the Championships, the U17M Para Shot Put. Nathan improved with every throw, finishing with 5.03m (40.11%) and the silver medal. Nathan has qualified for the shot put, discus and 100m at the Australian Track & Field Championships.

**Aidan Mannasz** only took two jumps to secure the silver medal in the U18M triple jump. Aidan landed 12.60m on his second jump and then passed his final two jumps.





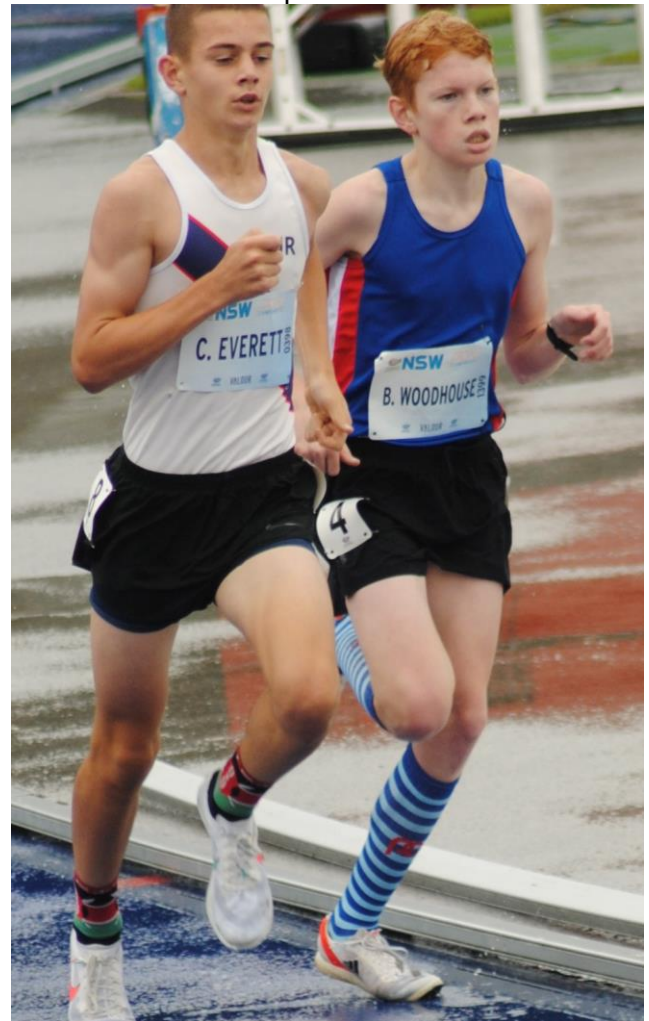
*Above Caitlin & below Aidan & Nathan*



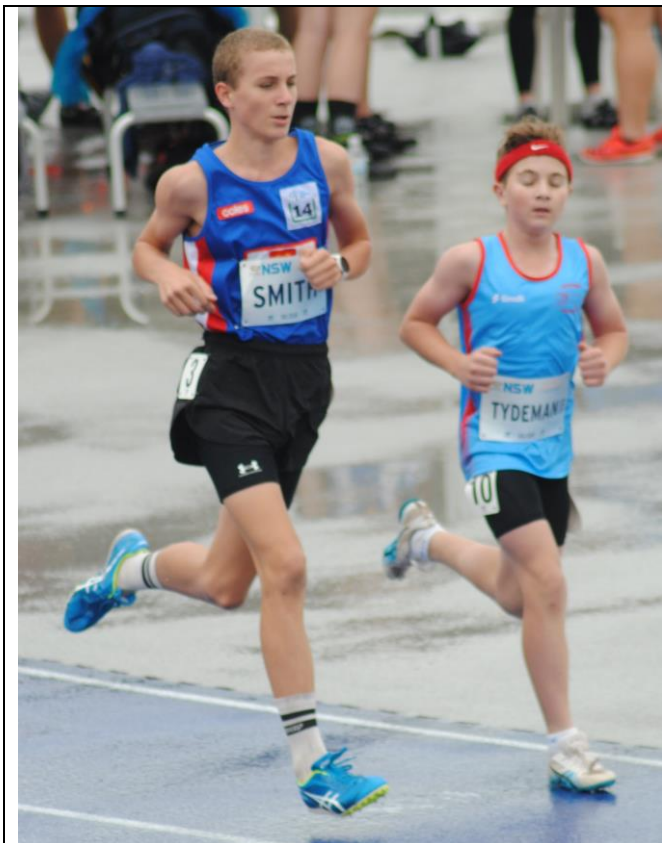
The U15M 1500m was to feature three of our athletes, **Benjamin Woodhouse, Axel Bruntsch and Julian Smith.**

The runners quickly stretched out and **Benji** (below) was the best of the Ryde runners in sticking with the fast pace, moving himself to third for the first three laps. The pace picked up quite a bit again on the final lap and Benji just missed out on the bronze finishing in a new pb time and another national qualifier of 4m 22.62.

Axel also ran strong from the start and sat in 6<sup>th</sup> for the race finishing with a big improvement on personal best his time to stop the clock at 4m 27.58s. Julian, the third of our runners was 11<sup>th</sup> and ran a final fast lap to finish in 5m 07.84.



**Daniel Cox** was back for a second day of competition and was to compete in two track events within just under 40 minutes. Daniel was out first, competing up an age group in the U15 200m Hurdles where he clocked a time of 31.77s to place 8<sup>th</sup>. Daniel's time was only .23s off the national qualifying time which is encouraging given it was Daniel's first attempt at the 10 hurdle 200m and that he is still only an U14 athlete.



*Above Julian below Axel & top right Daniel so close to an U15 200m hurdles qualifier.*



In the U14M 100m heats **Daniel Cox** ran 7<sup>th</sup> in his heat in a time of 13.97s to place 19<sup>th</sup> overall at State.

**Yahya Ali** was to start his Championship competition defending his title from the previous year in the U15M 100m heats. Yahya ran in first heat where he placed first to advance to the final as second fastest qualifier in his first sub 12 second run and new PB time of 11.83s.





**Oliver Smith** (above) and **Nicholas Woodhouse** (above right) both competed in the U17M 1500m final. Oliver ran a good race to place 5<sup>th</sup> in 4m 24.21s and Nicholas finished 16<sup>th</sup> at State in 4m 56.84s.

At Ryde we have lots of siblings competing over the weekend but rarely do we have two brothers in the same event, especially when they aren't twins!

The **Lawrence** brothers **Matthew**, 11 and **Benjamin**, 12 were making their ANSW Juniors debut and both were competing in the U14M javelin after both boys

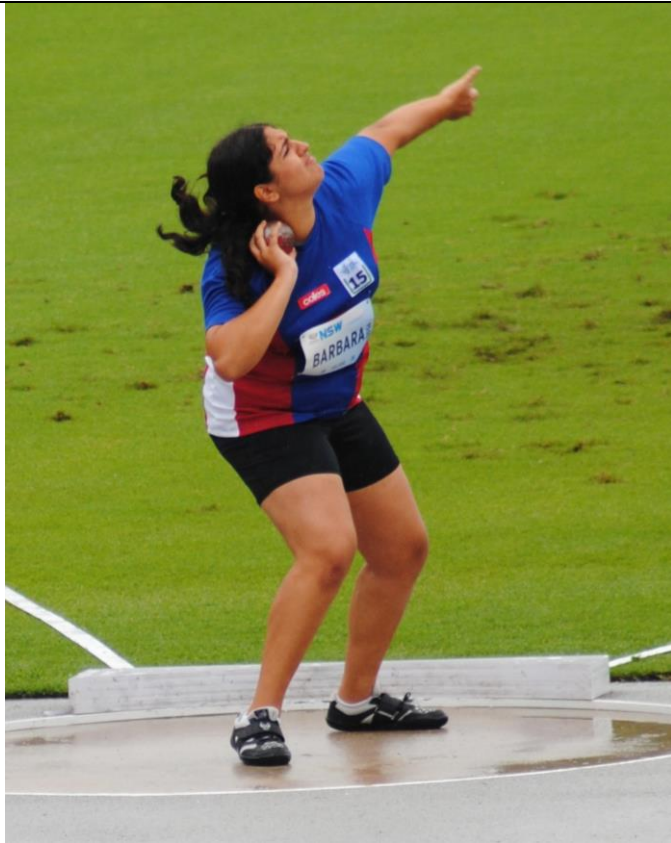


won their javelin event at Region 5 Championships.

Matthew, who was competing with the 600gm javelin for the first time, threw out three consecutive throws of 23m and managed a best throw of 23.84m to place 6<sup>th</sup> which is an impressive result for a young athlete. Benjamin got out his best throw in round two landing at 27.81m and finishing just out of the medals and securing 4<sup>th</sup> spot.

*Below Matthew on his way to throw and Benjamin on his right*





**Jess Johnston** and **Isabella Barbara** were our next athletes out competing in the U16G shot put. **Isabella** almost hit the 10m mark when she pushed the put out to 9.98m in round three for 6<sup>th</sup> place. **Jess** hit 12.11m in round three to wrap up the silver medal.



Out on the track in U20W 1500m **Zara Warland (above)** produced a time of 5m 01.73 in a very fast paced race to collect 11<sup>th</sup> spot. Zara will of course be young enough to contest the U20 age group again next year.



The U20M 1500m field of 23 runners was run as two times finals. Ryde was represented by **Adam Bruntsch** and **Ashton Hanna (above)**.



Ashton was in the first of the finals and stuck at the front to finish fourth in his heat and place 15<sup>th</sup> overall in 4m 10.63s. Adam (above) got the better of the runs for Ryde, running in a very fast second timed final where nine of the runners finished in a time under 4mins. Adam's time was 4m 02.54s to place him 11<sup>th</sup> overall.

The final event of the afternoon for Ryde was the U15M 100m with **Yahya Ali**. Yahya got off to a good start and was always in medal contention finishing just off the gold in a new personal best time of 11.67s for silver, a great finish to a great day for Ryde Athletics.



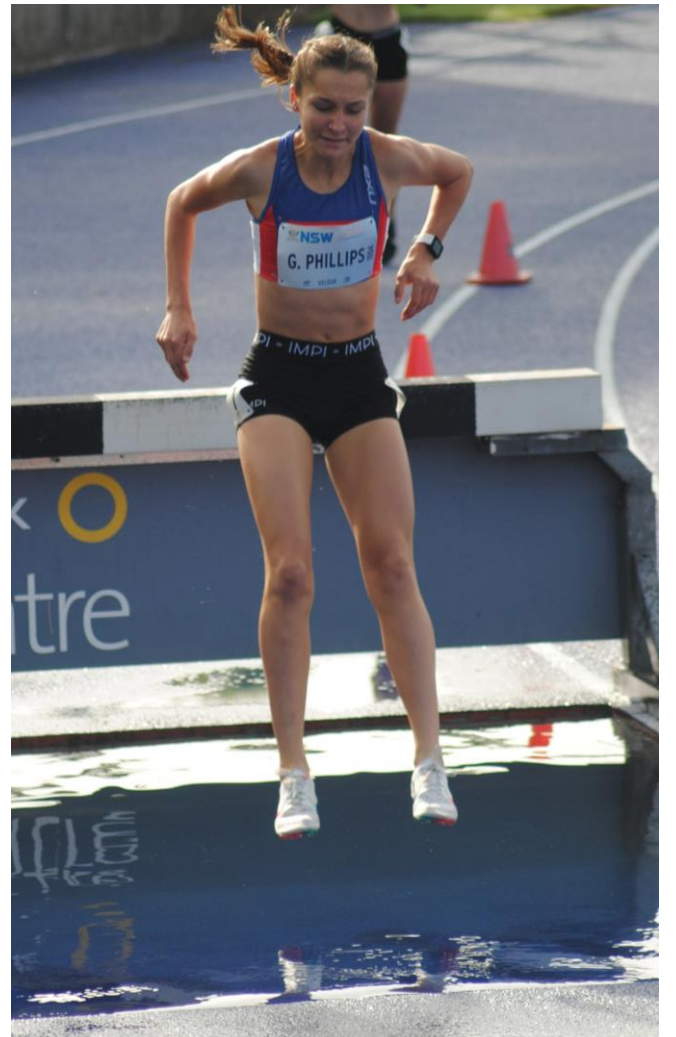
Photo above courtesy @ryan.t.jones

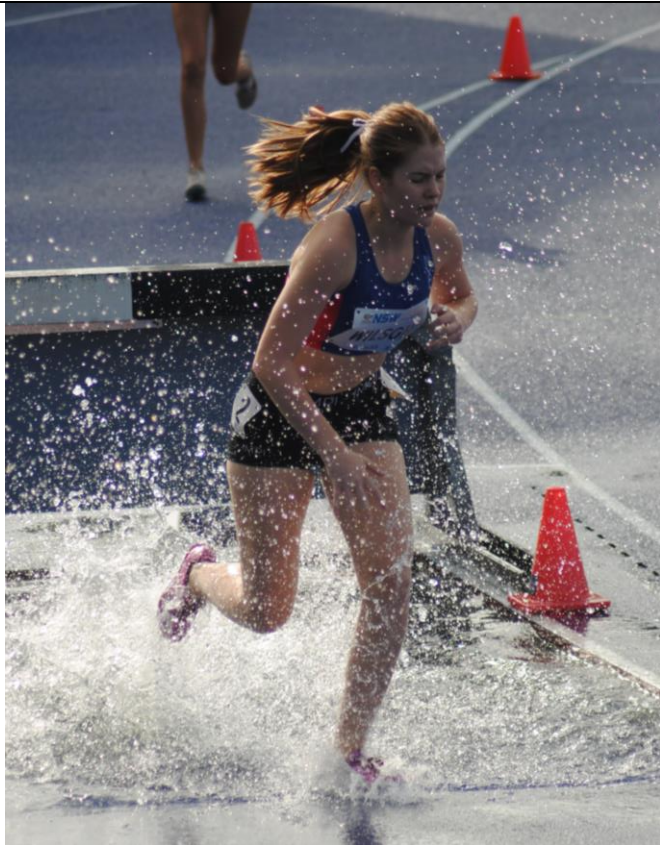


*Above Yahya, silver in the U15 100m & a new pb time*

Day three always starts with the steeplechase events and Ryde has had some excellent results over the past few years from our Steeplechasers and 2022 was to continue that pattern.

**Georgia Phillips (below)** and **Claudia Wilson** were first to hit the track and water jump in the final of the U17W 2000m steeplechase. Georgia successfully defended her state title holder and led from start to finish in a time of 7m 50.05s.





Claudia (left & below middle left) looked strong and went out well to keep a good pace to place second for the silver medal in 8m 15.55s. Both Claudia and Georgia have qualified to compete in this event at nationals next month.

At 9am we also had four of our discus throwers out in the field. **Caitlin Waldron** (below) was out for her final event of the weekend the U18W discus. Caitlin's only legal throw in round 2 of 31.26m saw her finish in 10<sup>th</sup> place.



**Jess Johnston** and **Isabella Barbara** were competing in the U16W event.

Isabella, (below) has been improving again this season and made the top eight at state finishing in 7<sup>th</sup> place with 25.12m.





Jess who had broken the 40m barrier at Regions for the first time in competition two weeks before got her best throw out in round two of 38.68m to place second.

*A good medal haul from the weekend for Jess*



*Photo courtesy of ellykp\_photography*

**Jess Koussas** (above) was competing in the biggest of the three discus fields where there were 16 starters registered in the U15W event. Jess managed a best throw of 32.40m to take her second 5<sup>th</sup> place of the weekend.

Back on the track **Nicholas Woodhouse** (below) was out in the U17M 2000m steeplechase. Last year the wind and rain was so bad when Nicholas ran this event it was hard to see him out there! This year the rain held off and Nicholas managed a new personal best time of 7m 39.62s to win the bronze and a spot on his first NSW athletics team. Well done Nicho!





*Above Benjamin & Nicholas Woodhouse both had a successful weekend and will represent Ryde & NSW at the Australian Track and Field Championships. Below Adam over the final water jump.*



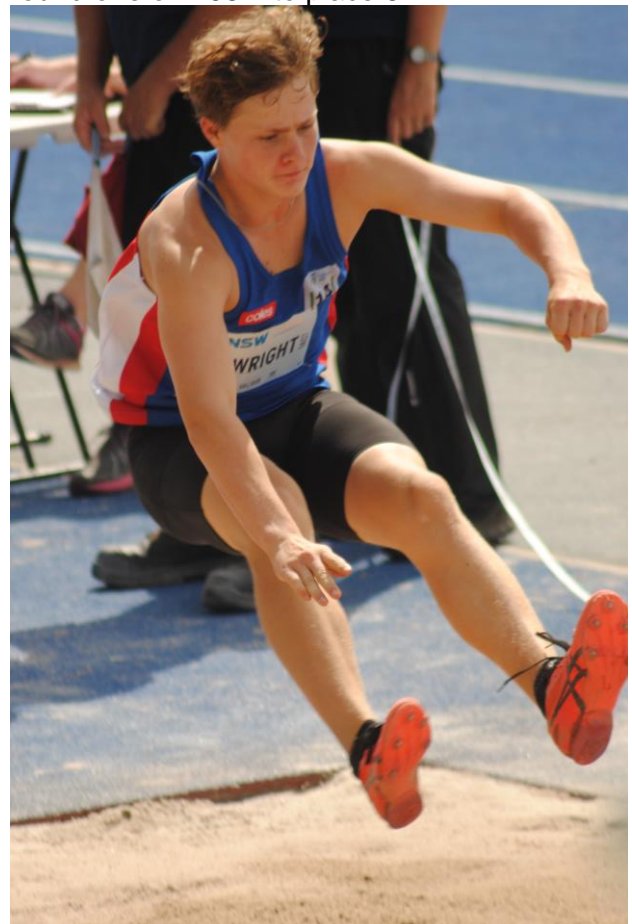
**Adam Bruntsch and Ashton Hanna** (below) were both contesting the U20M 3000m Steeplechase having both achieved the National Qualifying times for the event in warm up events earlier this season.

Adam got off to the stronger start of the two Ryde athletes and was in chase mode with an older U20 athlete. Adam finished with the silver medal and his first sub ten minute 3000m steeple time of 9m.55.70s Ashton also took off well and kept a good pace and good height over the steeples to finish with the bronze medal and a time of 10m 18.45s



*Above Photo courtesy of ellykp\_photography*

**Aiden Wright** (below) had heats of the U15M 200m overlapping with his competition at the U15M long jump. In the long jump Aiden got his best jump out in round one of 4.98m to place 6<sup>th</sup>.





Aiden competed in the U15M 200m heats along with **Yahya Ali** in a big field of 22. Aiden ran in heat three and recorded a time of 24.78s to place 3<sup>rd</sup> and advance to the final. Yahya stopped the clock in a new PB of 24.56s for third in the first heat and also qualified for the final.

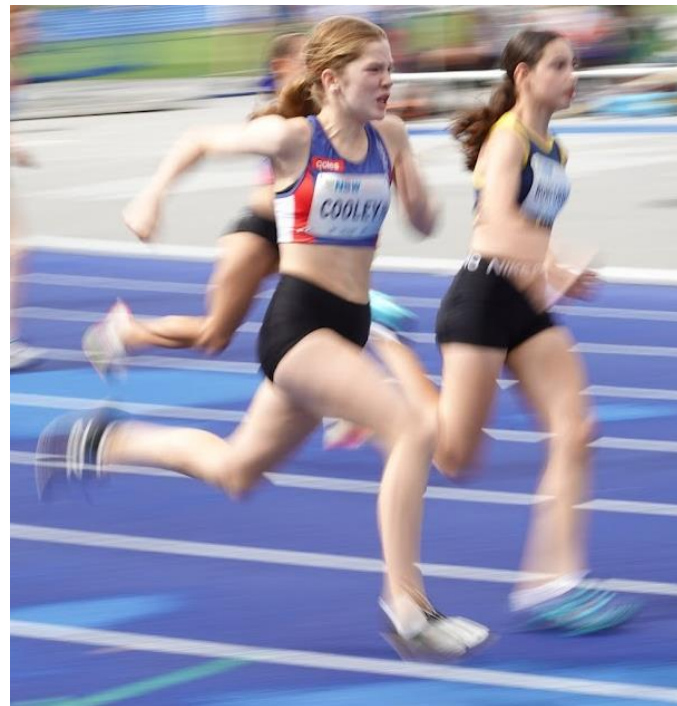
Yahya (below) and Aiden (bottom) ran in lanes side by side in the final of the U15M 200m. In a very fast race, the boys both improved on their heat times, Yahya claiming 5<sup>th</sup> spot in another PB time of 24.44s and Aiden was 7<sup>th</sup> in 24.76s.



In the four races that Yahya ran on the weekend he produced a personal best time in every one of them!



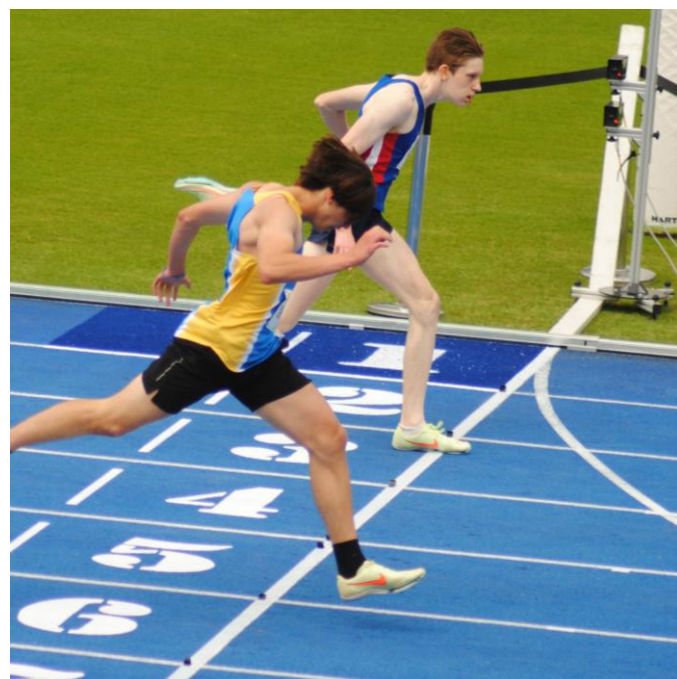
**Juliette Cooley** (below) was back for her final event, the U14W 200m. Juliette ran well to finish 8<sup>th</sup> in her heat in a time of 29.73s.



*Above Photo courtesy of ellykp\_photography*

**Timothy Forster** (below) was our final competitor in the 200m event competing in the U18M division. Timothy had claimed a national qualifying time for this event down in the ACT earlier this year so was again looking for a fast time. Tim finished in 3<sup>rd</sup> place in his heat to advance to the final with his time of 22.48s.

Tim ran a sensational U18M 200m final, powering around the bend and down the straight to finish in a lunge for the line that saw him come up just 0.03s short of the bronze medal and his second personal best time of the day, 22.43s.





*Above a weekend of firsts for Tim. First medal – U18 110m hurdles bronze and first ANSW sprint final, U18 200m. Excellent form ahead of nationals*

**Lachlan Waldron** (below) was out for his final event, the U15M discus. Lachie got his best throw of 32.68m in round three to claim 9<sup>th</sup> spot.



**Axel Bruntsch & Benji Woodhouse** were key members in our U14 4x800m Relay team that won silver at the 2021 State Relays and we were keen to

see again how the boys had both continued to improve their times. Both Axel and Benji take advantage of the many events ANSW offers on Saturday afternoons and midweek to improve and test their form and this has certainly helped both to drop their times over this season.

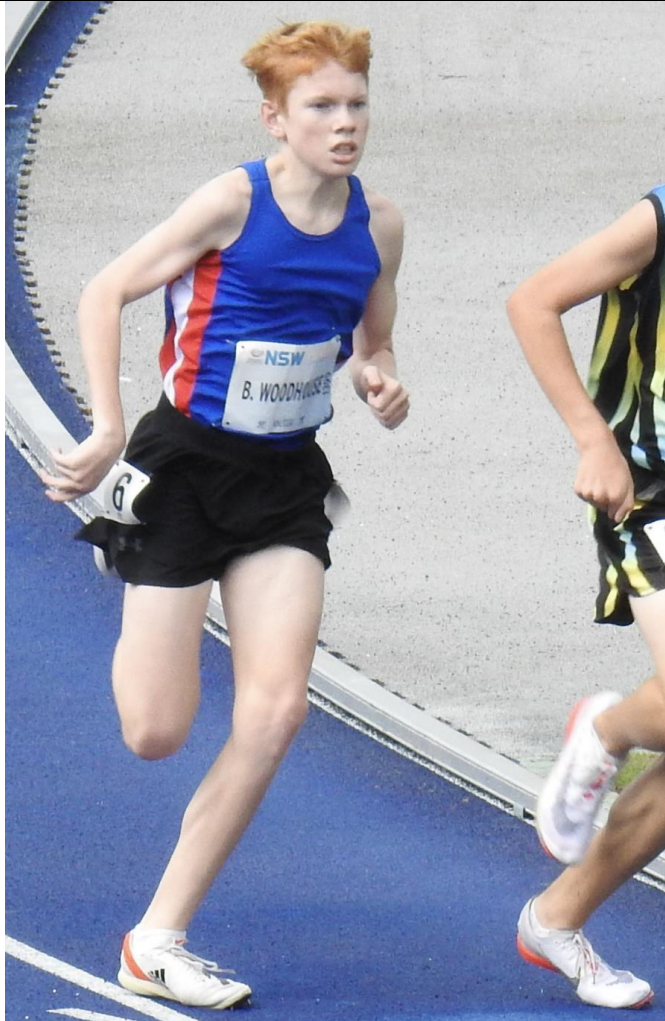
**Axel (below)** left absolutely nothing on the track. He took off after the lead runner and took the bell at 58.86 sec! Axel sat on his tail for the first 600m and it was only in the last 40m that he was caught by two fast finishing runners to finish 4<sup>th</sup> in a new personal best time of 2m.06.09s.



**Benji** also had a great run getting the bell at 62.92s and stopping the clock in PB territory at 2m 09.20s to place 6<sup>th</sup> at state cutting his personal best time by 1.5 seconds.

Benji's brother **Nicholas Woodhouse** was out next along with **Oliver Smith** in the U17M 800m timed finals.

Both boys ran in the second of the timed finals and Oliver was sitting just off first at the bell took off and came home to win the second final and place 8<sup>th</sup> overall in 2m 08.30s. Nicholas stuck with the group for the first lap and came home 5<sup>th</sup> in the second final and 12<sup>th</sup> overall in 2m 24.33s



*Above Benjamin Woodhouse below Nicholas Woodhouse and top right Oliver Smith all competed in the 800m*



**Ashton Hanna** was back for his final event, the U20M 800m which were also run as timed finals. Ash ran in the second race and by the bell was about midfield. From around the 550m mark on, cheered along by some mates on the fence, Ash took off and cleaned up the field to finish in only his second sub 2 minute time and a new PB of 1m 59.26s. This placed him 9<sup>th</sup> overall.



*Thanks as always to Ross Forster for being our team contact out at the Championships for the three days.*

**Amelie Sun** (below) was our final runner in the final race of the weekend, the U20W 800m final. Amelie was 8<sup>th</sup> at the bell but put on a kick in the second lap to move herself up to 6<sup>th</sup> and finish in 2m 16.85s.



***Congratulations and good luck to the Ryde Senior Athletes who will compete in the NSW team for the 2022 Australian Track & Field Championships in the following events.***

<b>Daniel Cox</b>	<b>U14 90m Hurdles</b>
<b>Yahya Ali</b>	<b>U15 100m, 200m</b>
<b>Lachlan Waldron</b>	<b>U15 javelin</b>
<b>Aiden Wright</b>	<b>U15 400m</b>
<b>Axel Bruntsch</b>	<b>U15 800m</b>
<b>Ben Woodhouse</b>	<b>U15 3000m, 1500m, 800m</b>
<b>Jessica Koussas</b>	<b>U15 Javelin</b>
<b>Owen Chandler</b>	<b>U16 Triple Jump</b>
<b>Jess Johnston</b>	<b>U16 discus, hammer, shot put, javelin</b>
<b>Claudia Barlow</b>	<b>U16 Pole Vault</b>
<b>Nicholas Woodhouse</b>	<b>U17 2000m Steeplechase</b>
<b>Nathan Barbara</b>	<b>U17 Para shot put, discus, 100m</b>
<b>Georgia Phillips</b>	<b>U17 3000m, 2000m Steeplechase</b>
<b>Claudia Wilson</b>	<b>U17 2000m Steeplechase</b>
<b>Kaitlyn Martin</b>	<b>U17 400m hurdles</b>
<b>Aidan Mannasz</b>	<b>U18 Triple Jump</b>
<b>Brendan Mannasz</b>	<b>U18 High Jump</b>
<b>Timothy Forster</b>	<b>U18 110 hurdles, 200m</b>
<b>Adam Bruntsch</b>	<b>U20 3000m Steeplechase</b>
<b>Ashton Hanna</b>	<b>U20 3000m Steeplechase</b>
<b>Sophie Kavanagh</b>	<b>U20 High jump, long jump</b>
<b>Zara Warland</b>	<b>U20 3000m</b>
<b>Amelie Sun</b>	<b>U20 800m</b>