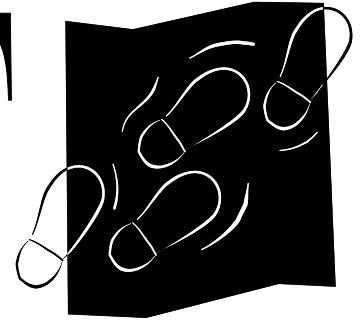






FOOTPRINT



Seniors - Nationals & Masters Apr 2022

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

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

	Jess Johnston U16W discus Nathan Barbara U17 PARA shot put
	Yayha Ali U15M 100m Nathan Barbara U17M PARA discus

Below 16 of our 23 athletes gathered at Dunbar for a team photo.

Back Row Aiden Wright, Owen Chandler, Ashton Hanna, Aidan Mannasz, Timothy Forster, Brendan Mannasz, Adam Brunsch, Lachlan Waldron, Jessica Forster

Front Row Claudia Barlow, Kaitlyn Martin, Benjamin Woodhouse, Axel Brunsch, Nicholas Woodhouse, Claudia Wilson, Jess Koussas, *(Absent Zara Warland, Amelie Sun, Sophie Kavanagh, Yahya Ali, Nathan Barbara, Georgia Phillips, Daniel Cox, Jess Johnston)*

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

FULL REPORT STARTS PAGE 7



NSW Milers Series 4

The NSW Milers Series 4 was held at Bankstown on the 5th March and Ryde was represented by 5 athletes.

Georgia Phillips improved on her form from NSW Juniors to run a fast 7m 26.69 in the 2000m Steeplechase. Georgia's time is 23 seconds under the current U18 national qualifying time which should see Georgia running the event at the 2023 nationals.

Amelie Sun also improved on her Juniors time by nearly 2 seconds in the 800m to finish in 2m 14.64s well under the NQ time for this and next year.

Nicholas Woodhouse was competing in the 2000m steeplechase where unfortunately they only offered the lower steeple height of 76cm. Nicholas made short work of it though, finishing with a new PB time for the 76cm steeple of 7m 17.65s.

Adam Bruntsch competed in the Men's B Open 1500m and placed 2nd in a time of 4m 03.20s.

Benjamin Woodhouse had a good run in the Men's C 1500m race, finishing just out of PB territory with another NQ time of 4m 24.01s.

Illawong High Velocity Meet 3

At the Illawong High Velocity Meet also held on the 5th March Ryde was represented by 3 athletes.

Aiden Wright had gone to Illawong in a final effort to crack the national qualifying time of 24.24s for the U15 200m. After a nervous wait on the start line, Aiden runs strongly into a slight headwind to stop the clock on exactly 24.24s. So excited was Aiden we heard he ran two extra laps just to celebrate!

Daniel Cox competed in both the 100m and the 90m hurdles. Daniel ran personal best times in both events, cutting both times by 0.30sec. Daniel finished the 100m in a time of 13.46s and the hurdles in 14.67s.

Caitlin Waldron was out in the Women's shot put and again broke the 12m mark when she finished in second place with 12.08m.



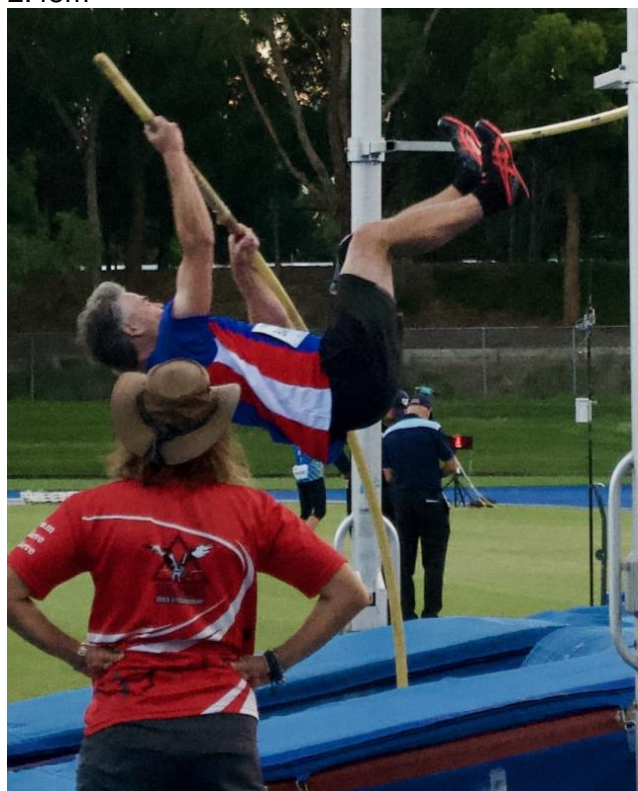
Aiden above waiting for the start and Daniel below two PB's from two runs



The ANSW Masters State Championships. Five Gold, two silver and a bronze.

It was great to see some new Ryde members out competing at the ANSW Masters State Championships and in total Ryde was represented by 6 athletes competing across 13 events on track and field. These athletes achieved our best results for quite a few seasons.

Steve Barlow, in his first time wearing the Ryde red, white and blue colours, proved that there are at least two Pole Vaulters in the Barlow family when he won Ryde's first gold of the weekend in the Men's Pole Vault 45-49yrs with a clearance of 2.45m



Sue Gore is a regular competitor down at Mowbray Park on a Saturday afternoon where Sue usually competes in the 3000m walk or run. At State Sue was stepping up to her first 5000m Walk. Competing in the 55-59yrs age group Sue was gold all the way to finish in a time of 37m 29.26s.

Jon Baker was planning a busy weekend that included the 1500m, 3000m steeplechase and the high jump.

In quite steamy conditions on Saturday morning, Jon finished just outside his PB time to record 5m 32.02s and take the silver in the Men's 55-59yrs 1500m.



Steve above and at left and Sue below, got Ryde off to a golden start on the weekend



Simon Bergfield was the first of our throwers for the weekend and was competing in the 5kg 60-64yrs shot put. Simon got his best throw out in round five, 8.23m to collect the bronze medal.

Steve Barlow was back throwing the 2kg discus in the Men's 45-49yrs event. Steve got six consistent throws out finishing just out of the medals in 4th spot with a throw of 23.94m.



Above Steve at discus and below Simon at shot put



Our final competitors on the Saturday were **Simon Bergfield & Andrew Atkinson- Howatt** competing in the men's 60-64yrs and 65-69yrs discus events.



Simon placed 5th with his best throw of 25.51m in round five and Andrew (above) picked up the silver medal with his third round throw of 32.33m.

Jon Baker was out early Sunday for the 3000m steeplechase. Jon had first run this event in Canberra earlier this year where he recorded a time of 13m 20.51s. Jon smashed that time when he won gold in the 55-59yrs event in a new Ryde Best Performance on record time of 13m 07.66.

With barely a moments rest to recover Jon was straight over to the high jump where he again finished with the gold medal in the 55-59yrs event after five first time clearances to finish with a height of 1.30m.

Also competing in the high jump in the 50-54yrs event was **Dave Johnston** who placed 6th with his clearance of 1.20m. Dave also competed in the javelin on Sunday morning finishing 6th with 26.33m.

Simon and Andrew wrapped up Ryde's appearances on the weekend when they competed in the men's 60-64yrs and 65-69yrs javelin events. Andrew defended his State title in the 64-69yrs event finishing with 33.02m and Simon was just out of the medals in 4th spot with 25.82m



Jon stepped up from a street jogger to a track and field athlete this season and boy did it pay off! We would love to see more of our dads and mums out there giving it a go. Below there is one in every crowd and since Robert was playing tennis in Melbourne Andrew had to step in! Simon, Andrew and Dave out in the field.



Little Athletics NSW State Championships

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

- Representing Ryde Little Athletics
- * **Jessica Johnston** gold in U15 shot put, silver in discus and bronze in javelin.
- * **Brendan Mannasz** gold in U17 high jump
- * **Nathan Barbara** gold in the U15-17 multi-class discus and silver in shot put

- * **Jess Koussas** silver in the U14 javelin
- * **Owen Chandler** bronze in the U15 triple jump
- * **Georgia Phillips** gold in the U17 3000m
- * **Christopher Moala** gold in the U14 triple jump
- * **Josh Smith** bronze in the U14 200m
- * **Ben Stevens** silver in U17 shot put and discus

Congratulations also to **Lachlan Waldron**, a Ryde Senior who represented North Rocks Carlingford and won silver in U14 javelin

Pre-Meet Warm Up & ANSW 60m Championships

Prior to the recent Sydney Track Classic, ANSW ran a Pre-Meet that included the postponed State 60m Championships and some events for the NSW Talent Program.

Daniel Cox competed in the final of the U14 60m event. Daniel finished in a time of 8.47s to take the gold medal and the State title.

Adam Bruntsch ran in the TTP 800m where he finished 5th in a time of 1m 58.40s.



The Sydney Track Classic was a great night and it was lovely to see some Ryde families out there watching. **Benjamin Woodhouse** was one of the luckiest athletes as he got to do warm down laps and have a chat with the amazing and lovely **Peter Bol** after Peter won the Open 800m. I heard that Peter jogs four laps for his warm down, so some quality time for Benjamin to listen, watch and learn.

NSW Milers Series 5

Series 5 of the Milers events was held at Bankstown on March 17th and Ryde had 5 competitors out there warming up for Nationals.



Above Benjamin looks pretty chuffed!

Benjamin Woodhouse ran a new PB of 4m 21.38s in the 1500m. **Nicho Woodhouse** also competed in the 1500m and finished in 4m 57.88s. **Adam Bruntsch** also ran the 1500m and finished 3rd in the B race in a time of 4m 05.13. **Zara Warland** was our final 1500m runner competing in the Women's A race and ran 4m 55.80s.

Amelie Sun was our sole competitor in the 800m and came home with a blistering new PB time of 2m 12.30s, showing some great form just ahead of nationals. Well done to all our competitors.

Below Benji & Nicho at Bankstown Milers



The 2022 Australian Athletics Championships

The Australian Track and Field Championships were held at SOPAC from the 26th March to 3rd April and Ryde Seniors had 23 athletes on the start lists. Covid had had a big impact on some of our athletes' preparation, some having it in the weeks prior and some only coming out of isolation the day before they were to compete.

Our first Ryde Senior out on the track was **Yahya Ali** competing in the heats of the U15M 100m. Yahya had missed our Ryde team state photo as he had been in his last day of Covid isolation.

As Yahya often does, he ran a new PB of 11.57s to place 3rd in his heat and go through to the final as the 5th fastest qualifier.

In the final run later that afternoon it looked like Yahya may finish 4th as he had the previous year, as the boys crossed the line, but after a nervous wait for the photo finish results to come up Yahya was given third place in a time of 11.61s. This time is 0.13s under the current national qualifying time for U16M.

Our next athlete, and first field athlete was **Jess Johnston** in the U16W hammer throw. Jess was coming off the back of a very successful State Little A carnival where she had come home in the U15 Girls with Gold (shot put), silver (discus) and bronze (javelin).

Jess has had a very interrupted season with injuries but had still qualified for all four throws events. In the hammer Jess was able to improve over her three throws to finish with a best throw of 37.95m to place 9th overall.



Above and below Yahya Ali. Third fastest U15yrs boy in Australia – bronze in the 100m. Photo below @ryan.t.jones





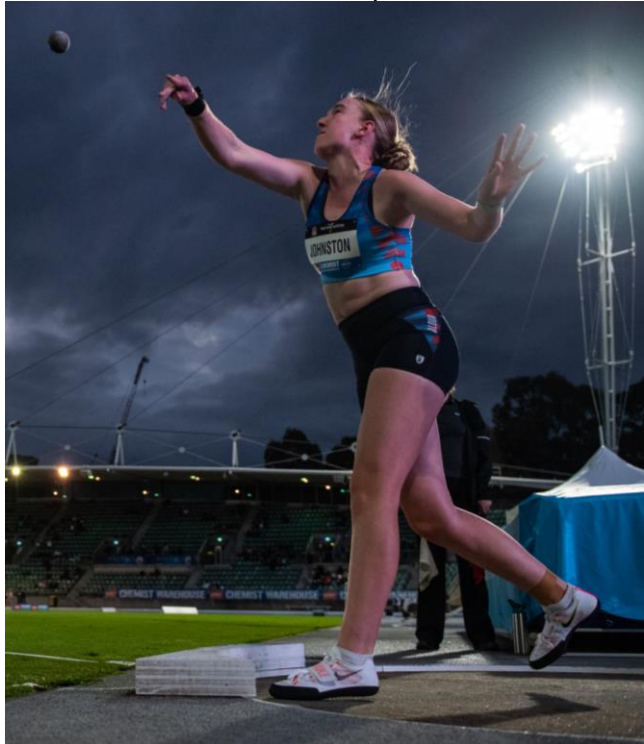
Above Jess U16W hammer throw 9th place. Below Ben 4th from left at the start of the U15M 1500m (photo @ryan.t.jones)

Ben Woodhouse was out for the first of his three middle distance races, the timed finals of the U15M 1500m.

Ben ran in the fastest of the finals and managed to pick up a spot on each of the laps to come home with a quick final lap, an 11th place in Australia and

a new personal best time of 4m 20.08s.

Jess Johnston was back out for her second event of the day, the U16W shot put. Jess put three 12m plus throws out, her best being 12.20m in the third round to place her 5th overall.



Jess 5th in Australia, U16W shot put. (photo @ryan.t.jones)

Day two our first competitor out was **Aiden Wright** in the heats of the U15M 400m. Aiden had skipped the NSW Little Athletics titles due to injury, an injury he was still carrying into nationals.

When Aiden hit the home straight it was clear he was in some pain but he carried on to cross the line in third for an automatic qualifying spot in the finals and a time of 54.97s.





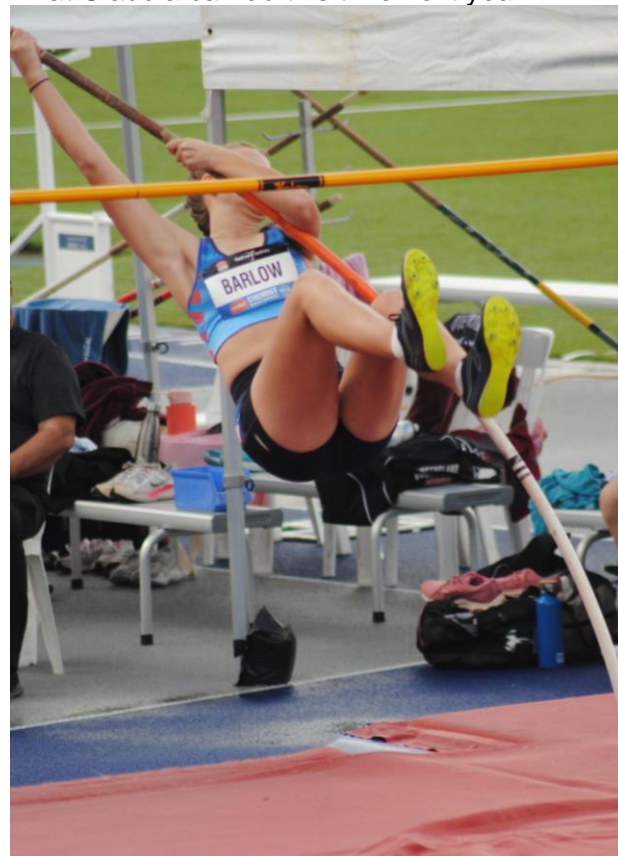
Josh Smith (below), Aiden's club mate at Ryde Little Athletics and Kings Senior athlete ran in the heat before Aiden where he placed 5th in a time of 55.42s, finishing just 0.14sec shy of a finals berth but still an admirable 9th in Australia.



In December 2021 **Claudia Barlow** had her first Pole Vault competition and now a bare four months later she was competing at nationals.

Claudia got a good clearance over 2.00m but while close, was just not able to clear the next height of 2.20m. Claudia finished in 11th in Australia, a terrific result for her first national's event.

Claudia was another of our athletes who had had a recent bout of Covid so we look forward to see what Claudia can do this time next year.



Ben Woodhouse was out with a big field of 26 athletes for the final of the U15M 3000m. Many of us were sat in front of the computer to watch Ben's run which was at 6pm. Unfortunately, Athletics Australia decided to cut the feed earlier on Sunday than they did on Saturday, with just two races, including Ben's to go. Who makes these decisions?!

It was a real shame we didn't see it as Ben ran an absolute corker of a race, finishing with a massive 15 second PB time of 9m 14.07s.

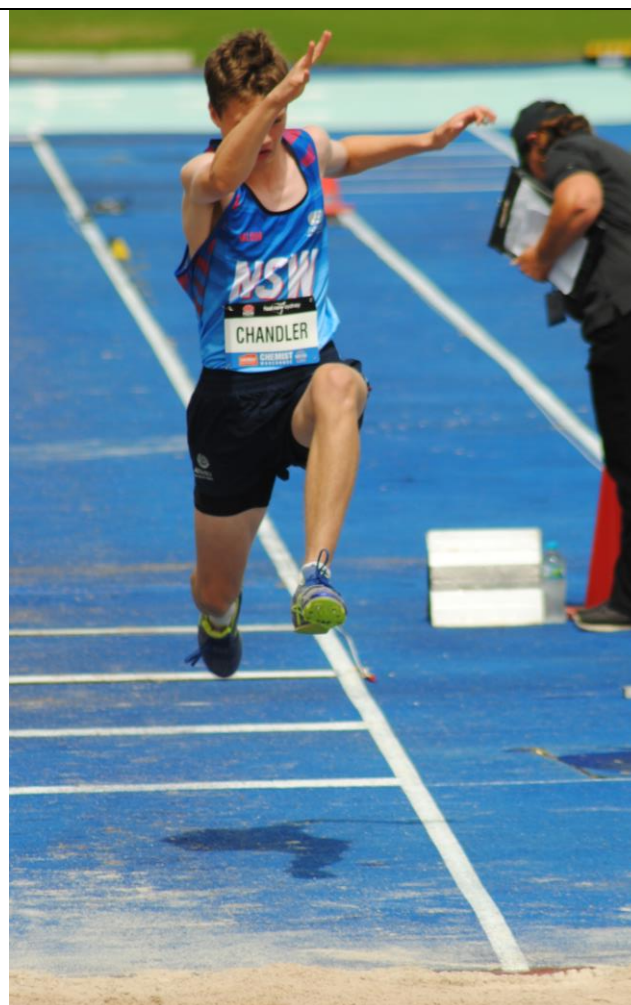
After sitting in 11th spot for the first two laps Benji took the lead for the next two laps and then sat in second for another two laps before taking the bell in third spot. On the final lap he was just overhauled to place 4th in Australia.



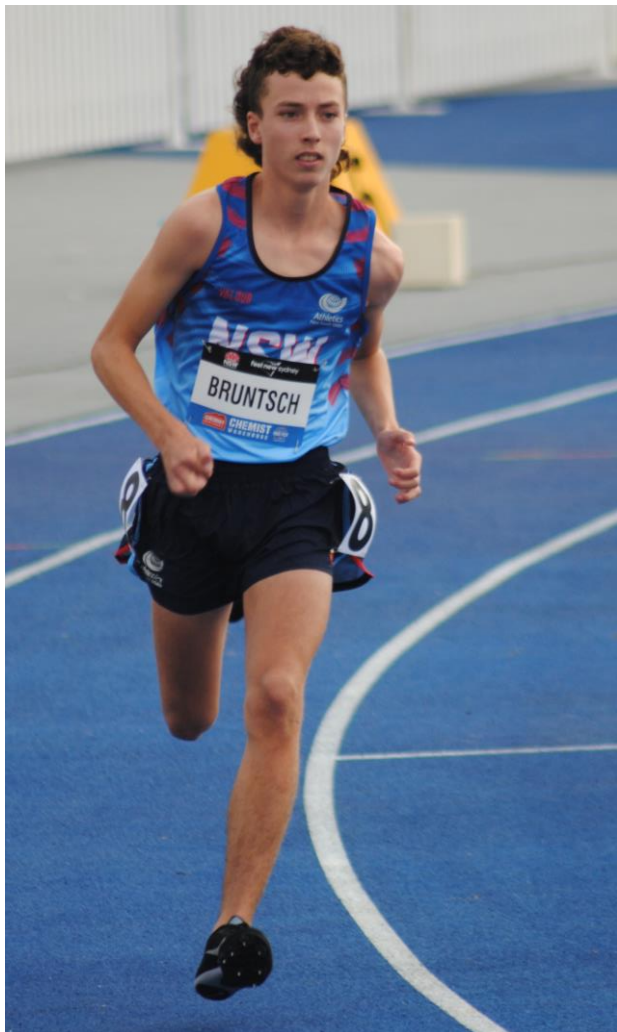
A great shot of Jess heading to a silver medal in the U15W discus (photo by @ryan.t.jones). Below Jess on the podium and Owen out at triple jump.



Owen Chandler (right) was another of our athletes recovering from Covid. Owen improved on every jump to finish in 12th place with a third round best jump of 11.83m.



Axel Bruntsch and **Benjamin Woodhouse** were next on the track for the heats of the U15M 800m.



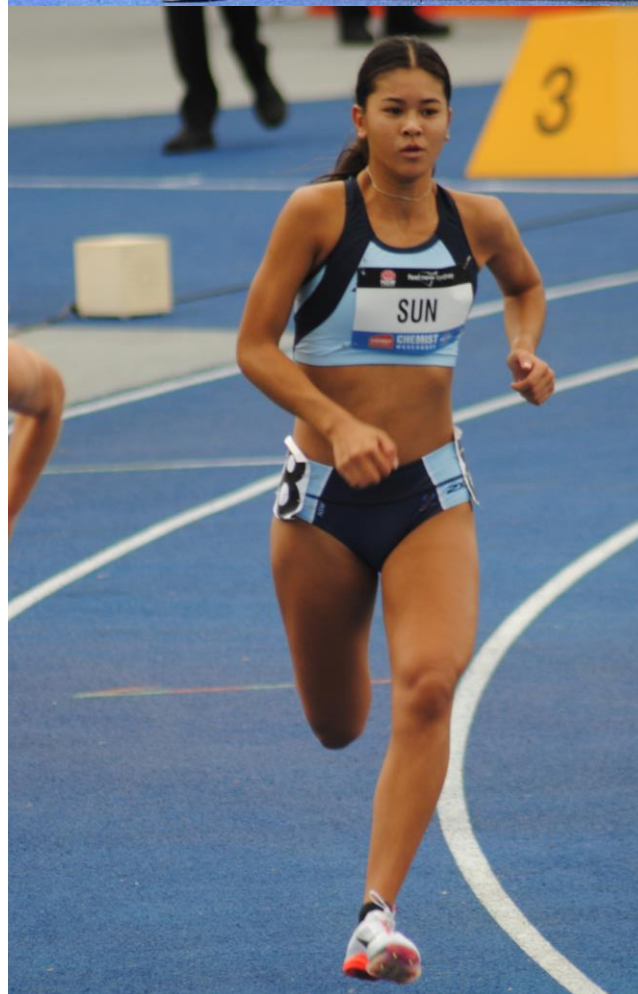
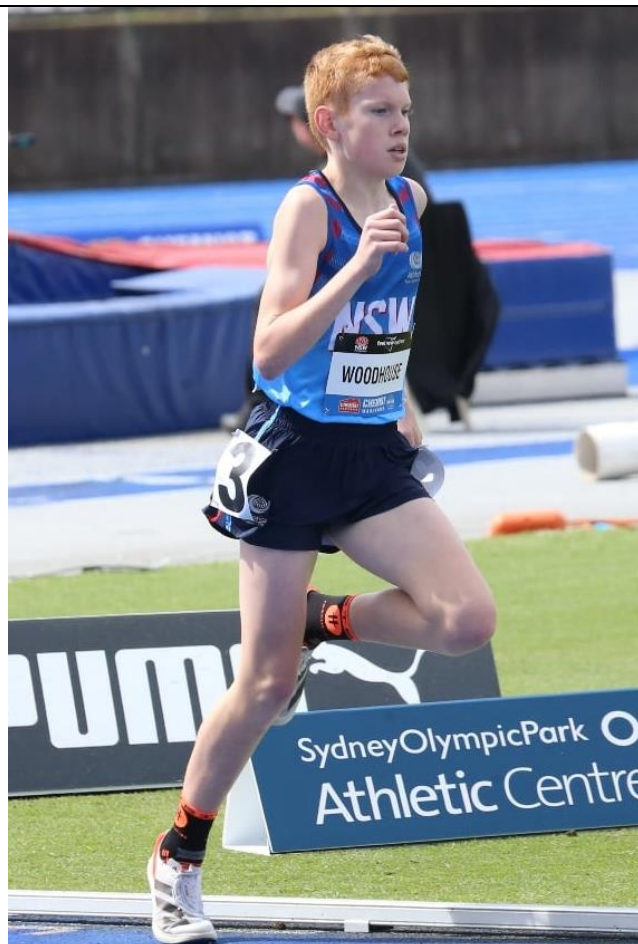
Despite a heavy head cold Axel Bruntsch (above) went out and ran one of his best races, finishing in 2m 07.95s for 5th in his heat and 13th overall.

Benjamin (top right), running his third race of the championships and probably still recovering from his huge PB in the 3000m the night before finished 8th in his heat and 24th overall in a time of 2m 11.01s.

Amelie Sun (right) was also out competing in the U20W 800m heats. From a tightly packed first lap the athletes then spread further across the field over the second lap and Amelie was to finish in 7th place in her heat and 13th place overall in a time of 2m 15.38s.

Sophie Kavanagh was up next in the U20W Long jump with a contingent of Loretto mates along to cheer for her.

After a foul on her first jump Sophie then improved on both of her next two jumps but came up just 11cm short of making the final and getting another 3 jumps. Sophie finished in 9th spot with 5.44m

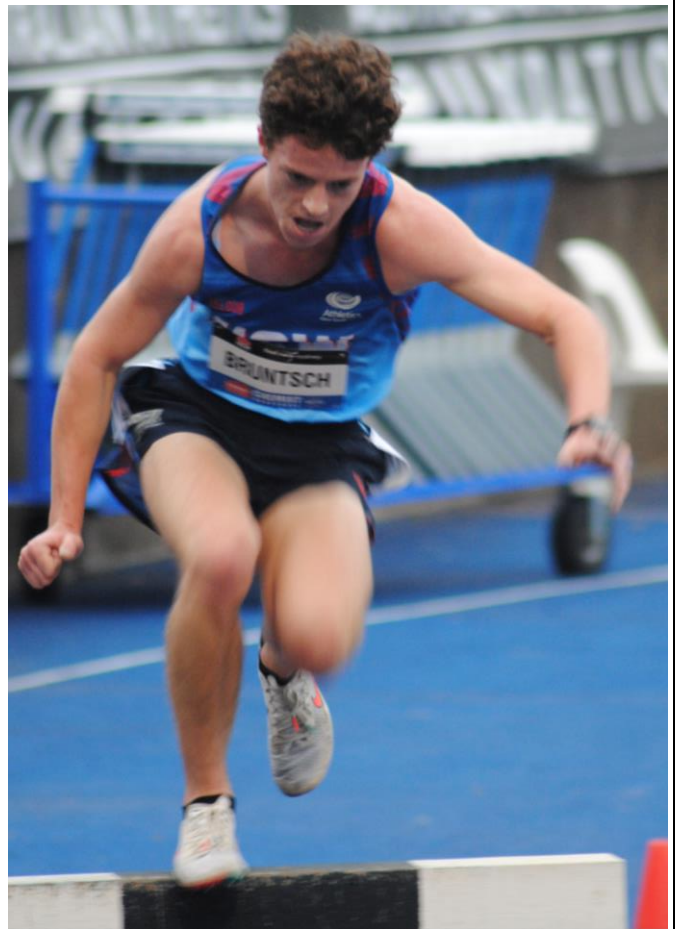




With Aiden Wright having to withdraw from the U15M 200m heats because of injury, **Yahya Ali** (below) was to be our sole representative. Yahya much prefers running a 100m over a 200m but in his heats Yahya took off at speed and made the field chase after him. Yahya finished 2nd in his heat and 5th overall (as he did in the 100m heats) in a new personal best time of 23.97s to advance to the finals on Tuesday afternoon.



Our final competitors of the day were **Adam Bruntsch and Ashton Hanna** competing in the U20M 3000m Steeplechase. This is the first season that the two have competed over the 3000m rather than the 2000m steeplechase.



Adam moved up the places during the first couple of laps to settle into a good rhythm and ended up placing 6th with a 20 second PB time of 9m 35.63s. Ashton also finished with a PB when he crossed the line in 14th place in 10m 16.95s.

Day Four of the Championships saw **Jess Forster** (below) out as our first athlete competing in the U20W hammer event. Jess was making her nationals debut and got out three consistent throws with her second round throw of 16.38m securing her 16th spot in Australia.



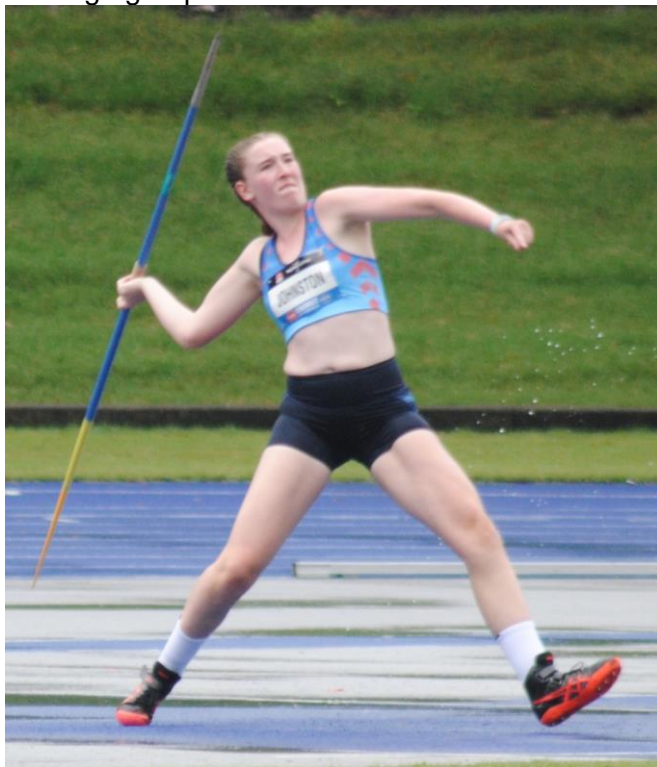
Next out was **Jess Koussas** (above right) also making her nationals debut. Jess was competing in the U15W javelin in as, most athletes were finding on Tuesday, pretty wet conditions. Jess threw three consistent 28m throws and got her best throw out in round one of 28.70m to place 16th overall.

Yahya Ali (at right) was running his second sprint final of the Championships in the U15M 200m. Yahya only raced his first serious 200m at the NSW All Schools in December 2021 where he finished in a time of 24.66s. In the final, Yahya was to place 8th in Australia in a new PB time of 23.79s, an almost one second improvement in only three months. In Yahya's four races at nationals he ran faster than he'd ever run and reduced his 100m PB by 0.10s and his 200m PB by 0.65s. An excellent meet for Yahya.



The afternoon saw more rain and our two final competitors of the day were out at the javelin.

Competing on the warm up track was **Jess Johnston (below)** in the U16W javelin. Jess's throws were all within a metre of each other and her first round throw of 34.73m was good enough to place her 9th just one spot shy of the final. This gave Jess her 4th top ten in Australia result for the U16 age group. An excellent result.

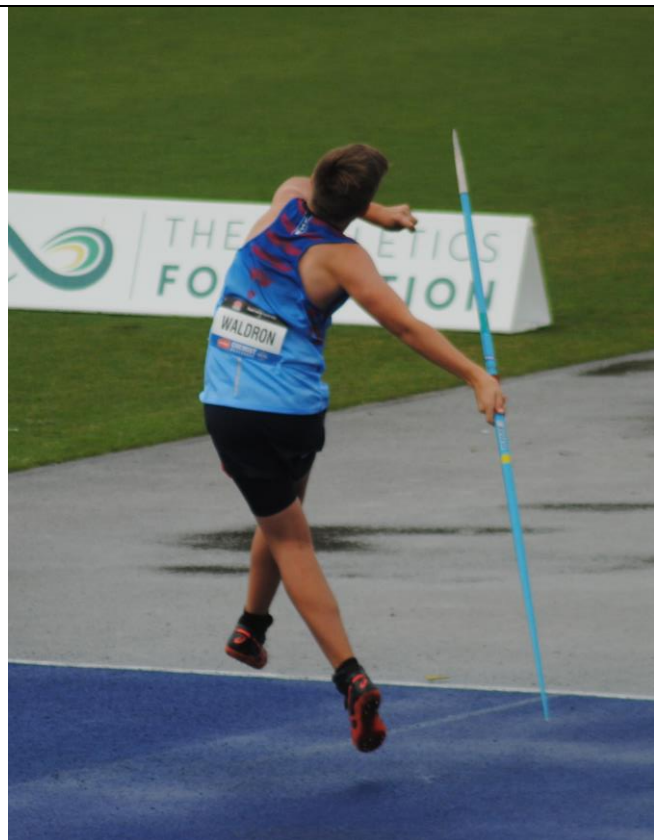


Lachlan Waldron was on the main track in the U15M javelin. Like Jess, Lachlan was coming off a good competition at the NSW State Little A Championships where he had collected silver in the javelin. At nationals, Lachlan was throwing the heavier 700g javelin and had a good competition placing 11th in Australia with his second round throw of 32.05m.

We were disappointed not to see our talented middle distance runner **Zara Warland** out on the track for the U20W 1500m heats. Zara had tested positive for Covid the day the Championships started. We wish Zara a speedy recovery, hope to see her out in Cross Country over winter and back at Nationals in 2023.

On Day Six, Thursday we were to have three competitors out in truly awful wet, cold and windy conditions.

Timothy Forster was out first and ran a flawless U18M 110m hurdles heat to place 4th in the heat and 8th overall and claim at spot in the final in a time of 14.67s.



In the final run a couple of hours later, the heavens opened and absolutely bucketed down as Tim and the boys were walking round to their event. Tim managed to improve by one spot in the final to place 7th in Australia in a time of 14.82s. This was a great result for Tim who last year placed 13th.

Brendan Mannasz had had a season marked by good improvements in his high jump. Brendan had won silver in the U18M high jump relay at State Relays. Gold at 2021 NSW All Schools and the NSW Little A State Championships and a bronze at the 2022 NSW juniors, so his form had been consistent and improving all summer.

Brendan had first time clearances over 1.80m and 1.85m but then took three attempts to get over 1.90m. The wind was quite strong down that end of the field by now but Brendan easily cleared the bar over 1.95m for his new PB. With only 5 competitors left in the competition Brendan had three strong attempts at 2.00m but just failed to clear the bar. On count back Brendan was to place 4th, an outstanding for his first national level high jump competition.

Our last competitor for the day was **Nathan Barbara** competing in the straight final of the U17 PARA 100m. After quite a long delay at the blocks, in the cold and a false start, the race finally got underway. Nathan ran strongly but at about the 80m mark he injured his leg, leaving quite a wound. The family had their fingers



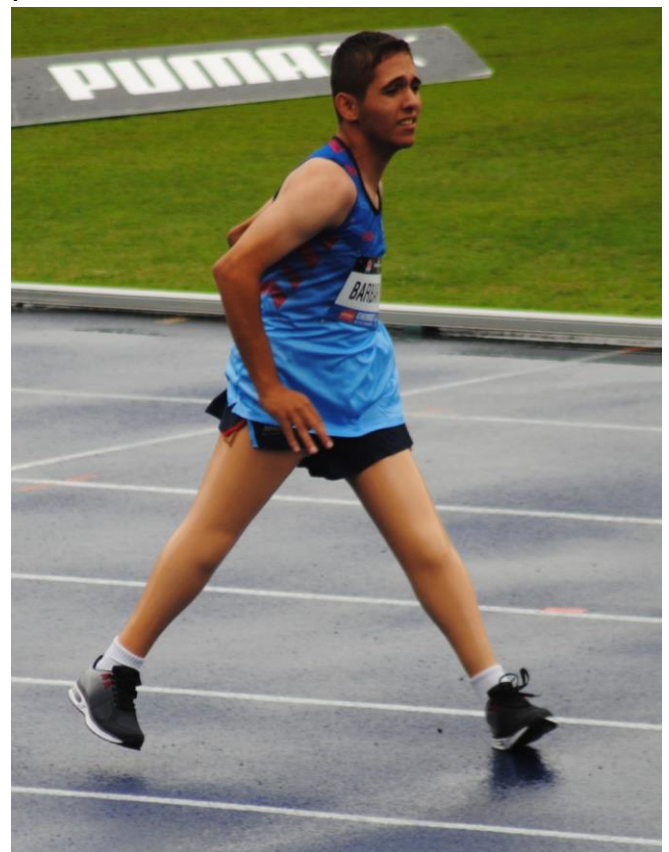
Above Brendan had a fantastic competition earning a new PB and Ryde Best Performance on Record for U18 & U20 athlete of 1.95m and placing 4th. Photo courtesy ANSW. Below left Tim in the hurdles final & Nathan in the 100m



crossed that he would be able to compete in his final two events, the discus and shot put over the following two days.

Nathan had finished in 11th place with a time of 25.69s (47.68%).

Day Seven brought more rain and cold conditions.



Nathan Barbara was competing in the U17M PARA discus, having won the U15M PARA the year before.

Nathan was suffering with blisters on his legs from the 100m the day before so to minimise further damage and pain Nathan was using a wheelchair to move between the waiting area and the cage as he was so determined to compete in the Discus.



Nathan improved with each of his three legal throws and finished with a best throw of 14.27m (54.71%) for the bronze medal. A really gutsy effort.

Next event out was the U17W 2000m Steeplechase where Ryde was represented by **Georgia Phillips** and **Claudia Wilson**.

Georgia, as she always does went straight out with the front pack and stayed with them for the first three laps before the field starting stringing out a little bit more. Georgia gritting her teeth as she sprinted to the line after the final water jump and came home 7th in a time of 7m 37.24s.

At the first water jump **Claudia Wilson** was side swiped by an athlete who was stumbling into the water jump. Claudia lost her balance and put her hands outside the steeple zone so we were keeping our fingers crossed that she wouldn't get DQ'd at the end of the race. Claudia ran consistent laps coming home with a fast final lap.



Georgia over the steeple and an eye on the prone athlete in the water jump!

After Claudia (below) had a discussion with one of the referees, she was rightly cleared of any infraction and recorded a time of 8m 34.25s to place 13th in Australia.

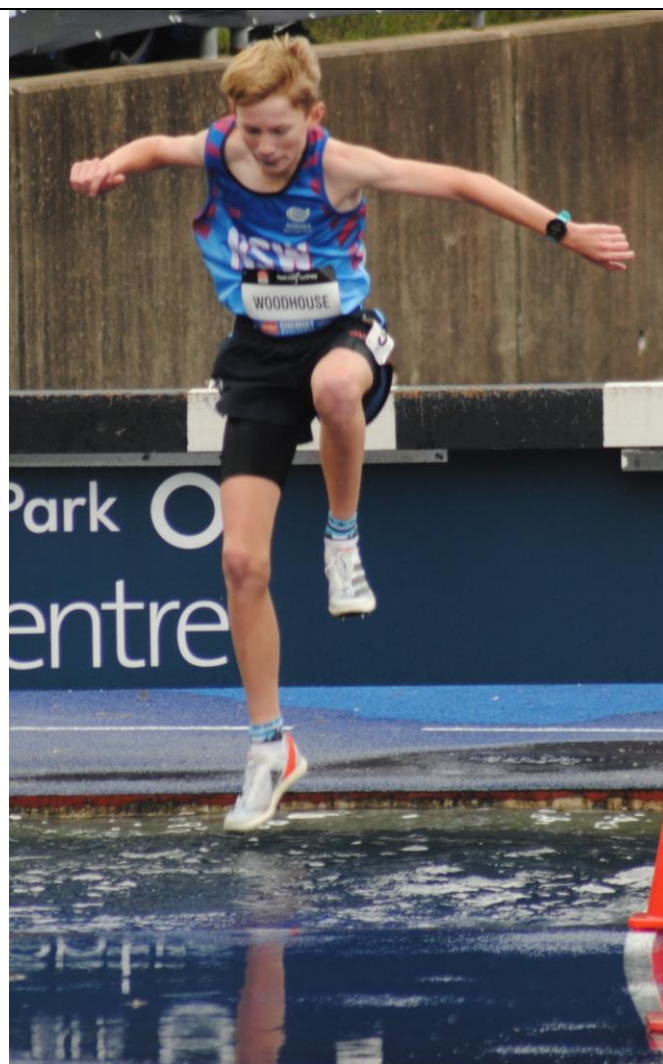


Nicholas Woodhouse was making his debut at nationals and had ramped up the training in the past few weeks to try and get a new PB time at nationals. Nicholas was competing in the U17M 2000m Steeplechase.

Nicholas absolutely blasted his PB time away by cutting it from 7m 39.62s to 7m 10.01s in placing 15th in Australia . A comparison of Nicholas's lap times between NSW Juniors in February and Nationals shows the improvement across each and every lap. Nicholas looked clean across the steeple and was still clearly hurdling when he came to the last one and sprinted home almost catching the Victorian just in front of him.

Race	308m	731	1154m	1577m	2000m	
NSW	62.75	96.30	100.77	102.25	97.55	7.39.62
Aust	61.09	92.48	94.70	94.41	87.33	7.10.01

Our final competitor of the day was **Aidan Mannasz (right)** who didn't compete until the cold of night out at the warm up track in a big group of 19 in the U18M Triple Jump. Aidan started well



Above Nicholas at the water jump. When asked how the race was Nicholas responded with a huge smile on his face, "that was awesome" ! Well done Nicko.

with a first jump of 12.10m but wasn't able to improve on that with his final two jumps and ended up placing 16th.



Nathan Barbara was again our first competitor out on Day 8 of competition. This time Nathan was competing in the U17 PARA Shot put throwing the 5kg shot put.

Nathan started strongly with his best throw of 4.67m (37.24%) in round one to take home the silver medal and a new national record for the F61 classification.



Timothy Forster got a good run out in the fastest of the three heats of the U18M 200m. Timothy was 5th in his heat and 11th overall in a time of 22.86s.

Jess Johnston was having a crack at the U18W discus, having met the national qualifying criteria. Jess who had scooped the silver medal in the U16's had a great competition

Jess's second round throw of 38.00m put her into 7th spot and so secured her an extra three throws the top eight final. On her fifth throw Jess belted out a new PB throw and best 15yrs Ryde Performance of 41.70m to move her into 5th place. An excellent result given the rest of the field was two years older than Jess.



Our final Ryde Senior competitor for the day was **Kaitlyn Martin** competing in the U17W 400m Hurdles.

A persistent toe injury and clashes with other sport meant Kaitlyn had only run the 400m hurdles once before, but she had had plenty of practice over the 300m hurdles during the season at Little Athletics.

Kaitlyn ran well over the hurdles to place 6th in the fastest heat and 10th in Australia in a time of 71.34s. Under the current national qualifying times this would qualify Kaitlyn for U18's so well done Kaitlyn.

Day Nine the final Day of the Championships saw **Georgia Phillips** return for her second event, the U17W 3000m. Ran as two timed finals Georgia placed 13th in her heat and 25th in Australia in a time of 11m 31.34s.



Above Kaitlyn & at right Georgia our final two competitors of the nine days.

Congratulation to our Ryde Senior Committee member Chloe Davis on her in the Open Women's Heptathlon & enjoy the Birmingham Commonwealth Games

Our fittest committee member, **Chloe Davis** (UTS) had some great results in the Open Womens Heptathlon placing 6th overall with a new PB score of 4393.

Chloe's results were

Event	110mH	HJ	SP	200m
Result	16.81s	1.47m	9.37m	26.65s
points	618	588	488	741
Event	LJ	Jav	800m	Final
Result	5.10m	39.41m	2.26.28	
Points	562	656	740	4393

We also wish Chloe the best for a great experience as one of the volunteers at the Birmingham Commonwealth Games. Chloe previously volunteered at the Gold Coast

Commonwealth Games so we weren't surprised when she was selected to assist again. We hope Chloe has a great time and gets to see some top performances and catch up with family as well.



The Australian Masters Athletics Championships

The Australian Masters are being held in Brisbane from the 1st to the 4th April and whilst we only have one athlete competing there this year, he certainly planned a busy three days, **Robert Hanbury-Brown**.

On day one Robert placed 4th in Mens 65+ High Jump with a best jump of 1.26m. In the hammer throw Robert's second round throw of 32.55m placed him 5th and in the Javelin throw Robert's opening throw of 31.52m scored him the bronze medal.

On day Two Robert started with a 4th in the shot put (10.02m). In the discus Robert picked up his second bronze with a best throw of 33.54m.

With Day 3 & 4 results to be in our next Footprint, we look forward to seeing how Robert when in the throws pentathlon, short hurdles and pole vault.



Thank you to all the officials

We'd also like to acknowledge all the officials who have worked tirelessly over the 2021/2022 season. Without them volunteering there would be no competition for our athletes.

I'd particularly like to thank all those Athletics Australia officials who helped over the past nine days including two with very close links to Ryde Athletics. They do a wonderful job running the Championships and from the bottom of our hearts we applaud the work that all those Athletics Australia volunteers have done through the rain, wind and cold conditions of the last nine days. A special mention to two (pictured below) who have close links to Ryde Athletics -

Barry Pecar - Track chief

Lynda Calder - Jumps official

