



FOOTPRINT

Senior Edition

May 2022

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

Congratulations to all our Trophy Winners from the Ryde Athletics Centre Senior Presentation Day

It has been another wonderful season for Ryde Seniors and there have been some outstanding performance from our athletes. On Sunday 15th May we celebrated and recognised those performances at the Ryde Eastwood Leagues Club.

From a small group of very active Ryde Senior athletes, we won 6 national medals and 62 State medals this year, which shows that Ryde Seniors continue to bat about average!

It would be great to see you all out there again next year in Ryde colours and encourage your club mates into actively joining Seniors as well. It is a great way to extend beyond little athletics.

The award for Outstanding Performance at the Australian Track & Field Championships goes to Nathan Barbara.

Nathan competed at nationals in the U17 PARA shot put, discus and the 100m and was our most successful individual medallist winning a silver medal in the shot put and bronze in the discus and setting a new national record for F61 classification in the shot put. Leading up to nationals Nathan, competing the U12-14 Para events at the 2021 NSW All Schools Championships, took home gold in both the discus and shot put and at the 2022 NSW Junior Championships won gold in the discus where he set a new Australian record for F61 and won silver in the shot put.





Above Nathan received his trophy from Jim Hull.

The winner of the E. Godfrey Trophy for Most Outstanding Under 14 Athlete & National Competitor Medal for hurdles is Daniel Cox

Daniel has been one of our most active young competitors this season, crossing Sydney for competition. At NSW All Schools and NSW Juniors Daniel had twice finished 6th in the 90m hurdles. Daniel won the title of the NSW U14 60m Champion in March and despite having been off the week before Nationals with Covid, Daniel placed 13th in Australia in the U14 90m hurdles. At the current time in the U14 age group, Daniel is ranked 10th in Australia for the 90m hurdles, 5th in the 200m hurdles and 7th in the 60m, our only athlete currently holding three top ten rankings in Australia.

The winner of the Jean Hill Memorial Trophy for Most Outstanding Walker is Sue Gore.

Sue has competed for Ryde Athletics in our seniors division for many seasons now and holds no less than 14 Ryde Best Performance on record across track and field events. This year Sue has been regularly competing over the 3000m run and walk events and Sue wins the trophy for her State Title at the NSW Masters in the 5000m 55-59yrs Walk in a new Ryde Best Performance on Record.



Above Daniel Cox and below Sue Gore.



The winner of the E. G. Buckingham Trophy for Most Outstanding Under 18 Track & National Competitor Medal for hurdles & sprints is Timothy Forster

Timothy's season has seen him cut his times over the 100m, 200m and his speciality the 110m hurdles, where he has set the new Ryde Best Performance on record.

Tim wins this trophy for his 7th place at the Australian Championships in the U18 110m hurdles. This result was 6 spots higher than Timothy placed the previous year. Tim also qualified for the first time in the 200m, and at nationals placed 11th in Australia.

At NSW All Schools Tim was 4th in the 16yrs 110m hurdles and 11th in the 100m. At NSW juniors this year, Tim improved to take the bronze medal in the U18 110m hurdles and finish 4th in the 200m.



Above Timothy had a stand out season in sprints and hurdles and received his trophy from his No.1 supporter and grandfather, Ross Forster.

The Burke Family Trophy for Most Outstanding Under 20 Track and & National Competitor Medal for Steeplechase was this year awarded to Adam Bruntsch



Above Adam with long-time coach, Ross Forster

Adam wins this trophy for his 6th place at nationals in the U20 3000m Steeplechase where he finished with a 20 second PB.

Adam had been the gold medallist at the NSW All Schools for the 2000m steeplechase and the silver medallist at the 2022 NSW junior Championships in the U20 3000m steeple. At NSW State Relays, Adam also got his team off to an excellent start where the boys came home with bronze in the U18 4 x 1500m.

Adam finished 2021 ranking 4th in Australia in the U18 2000m Steeplechase and for 2022 is currently ranked 6th in the U20 3000m steeplechase.

The G. C. Spittler Memorial Trophy for Middle Distance & National Competitor Medal for middle distance this year goes to Benjamin Woodhouse.



A great season and massive 3000m run at nationals saw Benjamin take out our top middle distance award. At Right Robert received his trophy from Life Member & former Seniors President, Ros Mitchell.

Ryde is never short of outstanding middle distance runners and picking a winner for this year was not an easy job. However, Benjamin's 15 second PB time to place 4th in the U15 3000m at nationals makes him a very worthy winner. For those who didn't see the race it is now on YouTube and it is very much worth a watch.

Benjamin was our only runner to run national qualifying times for the 800m, 1500m and 3000m this year and he competed in all three events, despite a very tight timetable. As well as his fourth in the 3000m, Benjamin was 11th in the 1500m and 24th in the 800m at nationals.

Benjamin's medal count for the season included a silver at NSW Juniors in the 3000m and as a team member, bronze in the first Ryde Club Nitro team, as well as the silver medal winning U14 4 x800m team at State Relays. At the ACT Champs Benji won the U15 800m and 1500m.

The Most Outstanding Veteran Field Athlete was won by Robert-Hanbury Brown.

This award usually sees an annual tussle between two of our state title winning throws athletes, although this season it was great to see we had some new contenders when Jon Baker won a gold in the high jump and Steve Barlow a gold in the Pole Vault at the NSW Masters title. It was however, to be the athlete who came home with two bronze medals from the Australian Masters Championships that will take home the trophy this year, **Robert Hanbury-Brown.**

Robert had a busy couple of days at Nationals in Brisbane. Competing in the 65+ age group, Robert won bronze in both the javelin and discus, placed 4th in the high jump, shot put and throws pentathlon and 5th in the hammer event.

Rob was also a member of the gold and silver medal winning 240yrs+ shot put and javelin teams at the 2021 State Relays.



The W S Shield Trophy for Most Outstanding Under 18 Field national competitor medal for high jump this year goes to Brendan Mannasz

Brendan wins this trophy for his 4th place at the Australian Championships in the U18 High Jump where he claimed a new personal best jump of 1.95m. A height that Brendan cleared on his first attempt and is a new Ryde Best Performance on Record and would rank him 5th in Australia for U18 high jump.

Brendan had opened his season with a bang when he jumped 1.90m at the NSW Relays to finish as the second best jumper of the comp and steer the U18 4 x high jump Ryde team to a silver medal. At All Schools Brendan picked up the gold and at NSW Juniors the bronze in the high jump.



Above Brendan receives his award from Ros Mitchell after a stellar season and 4th at nationals. Below Yahya cleaned up on our track awards as well as taking home the award for Most Outstanding Male Athlete.



The winner of the

- **Kendall Simpson Memorial Trophy for Most Outstanding Male Athlete**
 - **Mrs F Downing Trophy for Most Outstanding Track Athlete**
 - **The Hellyer Read Sprint Achievement Award and the**
 - **Cramp-Mitchell Trophy for Most Outstanding U16 Track goes to**
- Yahya Ali**

This season Yahya has continued on his medal winning way. It also seems that almost every time he hits the track, he runs a new personal best time.

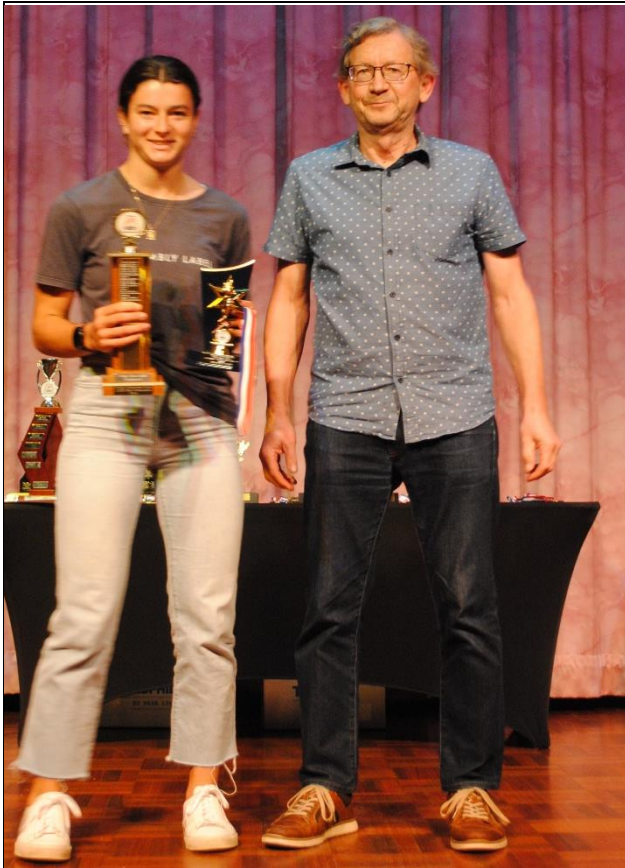
Yahya's season started with being part of Ryde U15 team who won a bronze medal at the Club Nitro and then running a great back straight for the silver medal winning U14 4x 100 mixed relay team at State Relays. At NSW All Schools Yahya ran two new PB's to claim the State title for the 13yrs 100m and running his first seniors 200m event, finished with silver. At NSW Juniors he was 2nd in the 100m and 5th in the 200m. Yahya ran four PB's over the four races he competed in at NSW Juniors.

At the Australian Track and Field Championships Yahya produced another 3 PB's over his four races to snatch the bronze medal in the 100m and place 8th in Australia in the U15 200m.

The Davies Family Trophy for Most Outstanding Under 20 Field Athlete & National Competitor Medal for Long Jump is awarded to Sophie Kavanagh

Sophie kicked off her season with gold in both the 17yrs high jump and long jump at the NSW All Schools Championships. At the NSW Open Championships, Sophie was 7th in the high jump and 6th in the long jump. At the Australian Championships Sophie finished just one spot out of the final in the U20 long jump in 9th place.

Sophie was a member of the NSW Athletics Talent Target Program and finished 2021 with rankings in the U18, U20 and Open women's high jump and long jump, a remarkable achievement for someone who only turned 17 last December.



Above Sophie's performances in High and Long Jump saw her take home the U20 Trophy for Field. At right Jon, in his first season he takes home his first Ryde trophy to add to his three State medals.

The winner of the Trophy for the Most Outstanding Veteran Track Athlete is Jon Baker

This year we had two athletes win state titles at the NSW Masters Championships, **Jon Baker** in the 55-59yrs 3000m Steeplechase and **Sue Gore** in the 55-59yrs 5000m Walk, both of which are quite gruelling events.

It was however Jon's additional Silver medal in the 1500m that gives him the trophy for this season. What is more remarkable is this is Jon's first season as a Vet athlete.

Jon started his return to the track with some warm up events at the Saturday competition down at Mowbray. He then competed in his first 3000m steeplechase in the ACT and bettered his goal time by over 90 seconds setting a new Ryde Best Performance on record. Jon then set a new Ryde Club record for the 800m and at the NSW Masters Championships won silver in the 1500m and a gold in the 55-59yrs 3000m smashing his Ryde Best Performance on Record by over ten seconds. Only minutes later Jon competed

in the 55-59yrs high jump where he again collected the gold medal.

Jon is a great example of you never know what you might achieve until you get out there and give it a go. Something we wish more of our mum and dad's would have a crack at.



The Betty Moore Trophy for Best Club Athlete this season went to Chloe Davis.

Chloe was a long time junior and senior with Ryde before joining her university club. Chloe wins this award for her work in running the fundraising arm of Ryde Seniors.

Chloe joined the Seniors Committee two seasons ago and has kept the fundraising going during the difficulties of Covid cancellations. Chloe's volunteering is not limited to Ryde Athletics but also the wider athletics community as she was a volunteer at the Gold Coast Commonwealth Games and will be heading off to the UK shortly as she was again selected to be a volunteer at the Birmingham Commonwealth Games. We wish her the best for a great experience.



Above Chloe with Ryde Patron and legend, Betty Moore

The Ian Pereira Memorial Trophy Relay for best relay team went to our Men's Vet throwing team. Andrew Atkinson-Howatt, Robert Hanbury Brown, Simon Bergfield & Dave Johnston

With Andrew, Robert and Simon having been part of the Masters throws team for a number of seasons, they were joined by new recruit Dave Johnston and won gold in the Men's 240yrs+ 4 x shot put and silver in the 4 x javelin event at the ANSW State Relays making them Ryde's most successful team of the carnival. In winning the shot put state title the team finished almost 4m clear of the silver medallists.



Above Andrew Simon & Robert from the Masters Men's Throwing team



Above- the National Competitor Medal. For athletes who win two or more perpetual Trophies, the National Competitor details will be engraved on their glass award as shown above on Yahya's trophy.

Our National Competitor Medal

Last season the Committee decided to more directly recognise the performance of our athletes who make a NSW team and compete at a national level.

Rather than award small trophies for outstanding performance, we now award a medal acknowledging that the Ryde Athlete was a national competitor and name the discipline in which they competed. The medal will be awarded ball our athletes who compete at national level with the exception of those athletes who are receiving a glass trophy, in which case, for completeness of their achievements, it will be engraved on the trophy.



Above Lynette & Andrew presented the Ryde National Competitor medal to three of our four national steeplechase competitors, Nicholas, Claudia and Ashton

National Competitor – Steeplechase

Claudia Wilson had kept fit in the off season with Cross country and was a member of Ryde's U20 4 x 3000m team that placed 3rd at the 2021 ANSW Cross Country Relays. At NSW All Schools Claudia finished with the bronze in the 2000m Steeplechase and improved on that spot with a silver in the same event at NSW Juniors. Claudia was to place 13th in Australia in the U17 Steeplechase.

Nicholas Woodhouse was to make his debut in the NSW team this season after finishing with a bronze medal in the NSW Junior U17 2000m steeplechase. Nicholas's run at nationals saw him improve his PB by 29 seconds when he placed 15th in Australia. Nicholas's other achievements this season include a bronze as part of the U18 4 x 1500m team, an event that saw him get a loud cheer from the stand when he gave everyone a wave along the home straight. At the ACT Champs Nicholas finished with bronze in the U17 1500m and silver in the 2000m Steeplechase. Nicholas also saw his PB times in the 800, 1500 and 3000m improve over the season.

Ashton Hanna's medal winning performances this season include a bronze medal in the U18 4 x 1500m state relay team, a silver in the 17yrs 2000m Steeplechase at All Schools and bronze at the NSW Juniors in the U20 3000m event, In the ACT Champs Ashton won the U20 3000m steeplechase and was 3rd in the 1500m, At nationals Ashton placed 14th in the U20 3000m Steeple in a new personal best time.

National Competitor - Steeplechase & Middle Distance

Georgia Phillips again had a good season across steeplechase and middle distance events starting with a silver at All Schools in the 2000m steeplechase and 6th and 7th respectively in the 15yrs 3000m and 1500m. At NSW Juniors ran 15 seconds faster in the steeplechase to finish with gold. At nationals Georgia finished 7th in Australia in the steeplechase and 25th in the 3000m.

National Competitor - Middle-distance.

Amelie Sun may have started the season late but she came out firing with some great runs from January on including running a U20 National qualifier in her first run of the season and then setting a new PB time of 2m 12.30s in March. Amelie placed 6th in the U20 800m at NSW Juniors and at Nationals placed 13th in Australia in the U20 800m.

Zara Warland was unlucky to have been diagnosed with Covid the days nationals started. Zara was to have competed in the U20 3000m.

Zara's season included running an excellent leg for the bronze medal winning U20 4 x 3000m at the NSW XC Relays. At NSW All Schools Zara was just pipped into 4th place in the 17yrs 300m where she ran a time that was 11 seconds under the national qualifying time. At the NSW Juniors Zara was to place 11th in the U20 1500m.

Axel Bruntsch is the athlete you want on your team if you are in a relay. At the Club Nitro event Axel took the baton in the 2 x 800m and overtook 4 runners within 200m to help the team win bronze. At the State Relays, he remarkably did the same in the U14 4 x 800m and the team picked up silver. Less than an hour later Axel stepped up and ran a brilliant leg of the U16 4x100m to help that team secure silver after their third runner had had to pull out with injury.

Axel has cut his times in both the 800m and 1500m over the season. He placed 4th at both the All Schools and NSW Juniors in the 800m and at the Australian Championships placed 13th in Australia.



Above Axel finished the season with some great times and results.

National Competitor – Triple Jump



Above Owen and Aidan. Congratulations to Owen on being elected Seniors Male Club Captain for 2022/23

Owen Chandler seems to have cemented his spot in NSW in the top three triple jumpers for his age group picking up the bronze medal at NSW All Schools. Covid lockdown saw Owen miss the NSW Juniors and he wasn't long out of the having Covid himself when he placed 12th at nationals in the U16 Triple Jump.

Owen had proved himself a handy track athlete as well as long jumper. At the NSW Relays Owen was Ryde's youngest and best jumper in the U18 long jump team that won gold. At the NSW Nitro teams event Owen produced a PB in the long jump and ran a strong relay leg to help the team secure the bronze medal.

Aidan Mannasz started his season as part of the Gold medal winning 4 x long jump team Owen was in. He followed that up with a silver in the Pole Vault and bronze in the Triple jump in the 16yrs events at the NSW All Schools. Aidan improved a spot in the Triple jump to claim the silver at the NSW Juniors.

Aidan was to place 16th in Australia in the U18 Triple Jump.

National Competitor – Pole Vault

Claudia Barlow competed at her first Pole Vault competition at the NSW All Schools in December 2021 where she collected the silver medal in the 14yrs event and just four months later was to place 11th in Australia.

During the season Claudia competed at meets across Sydney including placing 11th at the NSW Open Pole Vault and winning Gold at the NSW Juniors. We look forward to what Claudia can achieve with more time and training under her belt.



Claudia – National Competitor in Pole Vault. Top Right Kaitlyn with Ross. Congrats to Kaitlyn our 2022/23 Senior Female Club Captain.

National Competitor – Hurdles

Kaitlyn Martin competed in the 400m hurdles for the first time at the NSW All Schools and achieved a national qualifying time. Kaitlyn was a handy team member at the NSW State Relays competing with the 4th placed U18 long jump team, the 4th placed mixed U16 4 x 100m and 5th in the U20 4 x 100m team.

Nationals was to be only the second time Kaitlyn ran the 400m hurdles where she placed 10th in Australia in a time that should be good enough to qualify her for next year's nationals.

As with Claudia, we look forward to seeing what Kaitlyn can achieve with more competition over the next season



National Competitor – Sprints

Aiden Wright started the season as part of Ryde's bronze medal winning Nitro team. Illness saw Aiden miss State Relays but he came out firing at the NSW All Schools where he ran a blistering 400m final to smash the existing Ryde Best Performance on record by over two seconds, lower his time between the heat and final by 2.4 seconds, run a national qualifier and pick up the silver medal. Aiden also finished 5th in the long jump and 4th in the 200m. Aiden was ranked 3rd in Australia at the end of 2021 for the U14 400m. At the NSW Juniors, Aiden was again 2nd in the 400m and 7th in the 200m.

After missing Little A State due to injury, Aiden was still not 100% fit but still managed to make the final in the U15yrs 400m where he placed 8th in Australia.

We hope to see Aiden fit and better again next season as we know there are more great results to come.



Above Aiden and below Jess and Lachlan with Ross, three more of Ryde's athletes who competed at nationals.



National Competitor - Throws

Lachlan Waldron was the bronze medallist in javelin at both the NSW All Schools and NSW juniors for his age group. Lachlan also competed at these events in the shot put, discus and hammer with his best result there

being a 4th in the hammer throw at All Schools and a 9th in discus at Juniors. He also collected a raft of medals at the ACT State Champs. Competing in the U15 events Lachlan won gold in the javelin and hammer throw and silver in the discus and shot put.

At nationals Lachlan placed 11th in Australia in the U15 javelin.

Jess Koussas is having her first season with Ryde and it is proving to be a good one. Along with winning silver in the U18 4 x javelin team at State Relays Jess also placed third in the 13yrs javelin at NSW All Schools as well as 7th in high jump and 12th in discus. At the NSW Juniors Jess was 5th in both the javelin and discus throw. At the Australian Championships Jess placed 16th in the U15 Javelin.

Jess Forster competed in her first hammer event at the NSW All Schools and was thrilled to come home with the bronze medal in the 18yrs event. At the NSW Juniors Jess contested the 100m. At the Australian Track and Field Championships Jess threw a consistent set of throws to place 16th in Australia.

Our final trophy winner of the day didn't quite manage to get to Ryde Eastwood Leagues until well after the Presentation had finished due to netball commitments. We did however hold an impromptu award ceremony down in the Club Café afterwards!

The winner of

- ❖ **Michael Atterton Memorial Trophy for Most Outstanding Female Athlete**
- ❖ **the Mrs F. Downing Trophy for Most Outstanding Field Athlete and**
- ❖ **the E. Godfrey Trophy for Most Outstanding Under 16 Field for this season is Jess Johnston**

Given Jess started the season with her throwing hand in a brace and spent the middle part on crutches, it is remarkable that she achieved what she did.

Jess competed in our three U18 throws teams at the NSW State Relays and came home with a silver in the javelin and two fourth places in the 4 x discus and shot put.

At the ACT Athletics Championships Jess won gold in the U16 shot put, javelin and discus and silver in the hammer throw, At the NSW Juniors Jess won silver in both the shot put and discus and bronze in the javelin and hammer throw.

At the Australian Track & Field Championships Jess was to finish with five top ten places over the carnival and set two new Ryde best performances on record. Jess placed 2nd in the U16 Discus and then 5th in the U18 discus. In the U16 shot put Jess was 5th, and in both the hammer throw and javelin Jess placed 9th in Australia.



Above Jess receives her trophies from Simon after another brilliant season. Congratulations to Jess on recently being named in the NSW CCC 15yrs rep netball team. The team will play against the other representative teams (e.g. CHS, CIS etc.) later this year. Jess will also be trialling for the NSW All Schools netball team later this week and we wish her all the best for that.

At right Simon presents Ross with a token of appreciation for all that he does for Ryde Seniors. We cannot thank him enough for all that he does.

Thank you to Betty Moore and all our Presenters

We would once again like to thank **Betty Moore** our Club Patron and Life Member for the outstanding job she does in comparing the Seniors' Presentation and running the Annual General Meeting. Betty's knowledge of the history of the Club and background to the trophies add so much to the afternoon and hands along that history to the next generation of athletes.

As well as that, her ongoing involvement with Athletics NSW & her role on the executive of the NSW Olympic council ensures she is always on top of what the current crop of athletes are up to.

To our special guests and life members, **Betty** as well as **Ross Forster, Ros Mitchell and Jim Hull**. We are so grateful that you come back to the Club Presentation each year. Your enthusiasm and interest in the club is so greatly appreciated. Whenever I catch up with this group, I always learn a little bit more about the rich history of Ryde.

A shout out too to one of our most enthusiastic and supportive life members, **Coral Read**. Coral always looks forward to the day and in particular which of the athletes is winning her award, the **Hellyer- Read Sprint Achievement Award** trophy. Coral had hoped to come along to present as she does each year but recent surgery prevented that.

We wish Coral a speedy recovery and hope to see her back up on stage presenting awards next year.





Congratulations to all our winners. We hope to see you all back next season & bring some friends!

Fundraising for the 2022/23 season

With Covid restrictions lifted, national championships will once again be run interstate and we want to help as many of our Ryde Senior athletes get there as we can. As we had 23 athletes compete at nationals this year, we need to start planning our Fundraising endeavours for nextseason to ensure we can continue to assist with grants to help with our Ryde Senior athletes' costs when they represent NSW interstate or overseas.

Covid cut back on our Fundraising ability the last two seasons so we'll be keen to get out there again now we can.

We encourage all our members to help support our athletes by giving up a couple of hours to help our club.

There are a few simple rules for Ryde Seniorathletes 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 make themselves available to participate for Ryde inSenior events such as Club Championships,

Senior Relays or Cross-Country relays over the season and

- 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 want the athletes to be involved so as to help 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 will email when we are looking for helpers. If you would like to put your name down for future fundraisers andbookmark a spot for your family then email Chloe at chloeemadavis@gmail.com

Our first Fundraiser will be a Bunnings BBQ at Gladesville on Sunday 28th August. Contact Chloe at chloeemadavis@gmail.com now to sign up for your spot.

Your Senior Division Committee for 2022-2023 – still time to sign up!

We are always interested in getting new Committee members so please think about giving something back to the Club. We only meet 6-8 times a year. So please think about how you can give back to the Club.

At the moment we only have one family on the Committee who have athletes competing for the Club and we should aim to have more than that. If you are interested in helping your club please contact me (lbergfield@hotmail.com) for more details. Many hands make light work and it would be good if we could share some of our tasks a bit wider than they currently are shared.

President	Simon Bergfield
Vice-President	Andrew Atkinson-Howatt
Secretary	Suze Barron
Treasurer	Peter Davis
Registrar	Ross Forster
Race Secretary	Ross Forster
Publicity	Louise Bergfield
Fundraising	Chloe Davis
ANSW Delegate	Andrew Atkinson-Howatt
ANSW Delegate	Simon Bergfield
ANSW Co-Delegates	Betty Moore
Northern Zone Delegate	Andrew Atkinson-Howatt
Coaching Convener	Ross Forster
Committee Member	John Barron
Club Captains	Owen Chandler Kaitlyn Martin

Presidents Report 2022

2021/22 has been another season run under the impact of Covid. Even so, ANSW was able to run a large range of events, either at main track venues or local clubs over the season, if athletes were willing to travel and a number of our athletes did do that.

It was another strong season for Ryde Seniors results, even though we still can't convince the majority of our U12-U17 Little Athletes to also attend ANSW competitions. Those who do though, seem to thrive in the stronger competition that Sydney wide and NSW wide competition can offer.

In competition, we entered our first Club Nitro team in the Junior boys and came home with a bronze medal. At the NSW State Relays we won two gold, five silver and one bronze across age groups from U14 to our Men's 240yrs+ dual medallists throws team. A feature of this weekend was the introduction of mixed relay teams where Ryde managed to be involved in two incredibly close and exciting finishes that resulted in a second and fourth place.

At the NSW All Schools 46 of our athletes competed and won eight gold, nine silver and seven bronze medals with eleven athletes named in the NSW merit team for the Covid cancelled Australian All Schools Championships.

At the NSW Juniors Athletics Championships in February 2022, 31 of our athletes competed and collected two gold, ten silver and seven bronze medals.

For our Vet athletes we are a small club but we did get a few new members this year and as a result Ryde came home from the 2022 NSW Masters Championships with five gold, two silver and a bronze medal. Special mention to our new recruits, Jon Baker and Steve Barlow who in their first season both won state individual titles and Dave Johnston who won team gold and silver in the men's throws relays. It would be great to see some of the fit dads and mums we see at Dunbar on a Saturday morning joining us to compete as Ryde seniors.

As a result of performances at NSW All Schools, NSW Juniors and over the season, there were 23 Ryde Senior athletes named in the NSW team qualifying in 34 events at the Australian Track and Field Championships in March/April across throws, jumps, sprints, hurdles, steeplechase, pole vault and middle distance. A diverse pool of talented athletes at Ryde.

At the Australian Track & Field Championships Ryde placed in the top ten in Australia seventeen times including medals to ;

- ❖ Nathan Barbara's silver in the U17M PARA shot put and bronze in the U17M PARA discus
- ❖ Jess Johnston silver in U16 discus
- ❖ Yahya Ali bronze in the U15 100m

In the final performance for Ryde this season, at the Australian Masters Championships in Brisbane, Robert Hanbury-Brown came home with bronze medals in both the Men's 65yrs+ javelin and discus.

All of our results during the season along with lots of photos of our athletes are included in our regular Footprint newsletters and I thank Louise for putting these together. I also recommend a read of Ross Forster's full season review in this Annual Report for a great summary.

I am grateful to have again worked with a great committee. To Ross, Peter, Suze, Andrew, John, Chloe and Louise my thanks for all that you do.

It would be good to have more families of current Ryde Senior athletes join the Committee as we have only one family of a current U12-U20 athlete represented on the Committee at the moment among our seven members. When we have so many active young athletes in Seniors it would be good to see more parents join the committee to share the load. Our meetings are brief and only about 8 times a year and we have a great Christmas dinner!

Simon Bergfield

President Senior Division

Good luck to all our athletes for the Cross Country Season.

With School Cross Country underway we wish our athletes all the best. Do send photos etc. as we'll update later over the winter season.

For those looking for more of a challenge there are a number of Athletics NSW events being run over winter. Your Summer membership as Opens/Dual registered/ U20's etc. entitles you to enter these events (subject to entry fee payment) and you do not need to complete a winter registration.

The events offered by ANSW and dates are listed below. Go to the [ANSW Site](#) for further details and registration.



State Representative Cross Country Gateways

As well as pathways through schools cross country and NSW All Schools Cross Country there are also pathways to the Australian Cross Country Championships via ANSW events. For further information go to [Athletics NSW team information page](#).

National Cross Country Championships will be held in Adelaide in August.

Sydney 10 Road Championships Results

Congratulations to **Benjamin and Nicholas Woodhouse** on competing in the recent Sydney 10 Road championships run out and about near SOPAC on the 1st May.

Benjamin 13, finished in 12th place in the U20M division in a time of 36m 29.28s. **Nicholas** 15, was 21st in the U20M division in 42.54.81. Rounding out the Woodhouse runners was mum **Chelsea** who clocked a time of 51m 21s finishing 19th in the 45-49yrsW division. Well down to all.

Georgia Phillips was our sole representative in the 5km event and finished 13th in the U18W division in a time of 21m 04.17s.

Well done to Aly Lowe on Bronze at the Australian Uni Games and selection in her second Australian team for Oceania

Alyssa Lowe finished her time competing with Ryde Seniors when she started University and joined Sydney University Athletics Club, earlier this year, and we're happy to report that Aly is still going strong.

At the Recent Australian Uni Games Aly placed 3rd in the 100m hurdles. Aly was subsequently selected in the Australia U20 team to compete in Mackay in early June at the Oceania Championships in long jump. In 2019 Aly won bronze in the U18 100m at the Oceania Championships. Best of luck to Aly for some great results.



Above Nicholas, Benjamin & Chelsea at the Sydney 10. We'd love to see Chelsea next year running for Ryde! Aly on the podium on the Gold Coast winning bronze in the Open 100m hurdles.

WAIT. THERE IS MORE!!

For anyone who missed the start of the Ryde Little Athletics Presentation or only came to the Senior presentation I recommend a watch of the opening video that Team Pawsey put together. Go to [Ryde Athletics Facebook](#) for lots of action from both our Juniors and Seniors over the season.

Thanks also to the Pawsey family for running the photos during the Senior presentation. Great to see our athletes in action again.