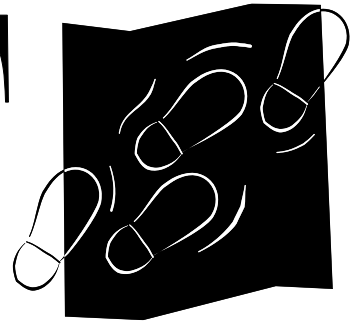




FOOTPRINT



Senior Division August 2022

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Welcome back for a new season

With Little A registration for a new season underway it is time to catch up on the autumn and winter months of performances for our Senior Athletes over the cross-country season and the start of the school athletic representative season. Plenty of news inside.

The NSW All Schools Cross Country Championships – Benjamin, Adam and Georgia make the NSW team.

At the **NSW All Schools Cross Country** held at Eastern Creek Raceway on Friday, 22nd July we were represented by 7 athletes.

Luke Moscos placed 26th overall and 12th in NSWCHSSA in a time of 11m 16.9s in the 13yrs 3000m.

Axel Bruntsch and **Benjamin Woodhouse** both competed in the 14yrs 4000m.

Axel finished in a time of 15m 20.9s to place 19th overall and 7th in NSWCHSSA.

Benjamin (at right) had a great race and finished 2nd overall and 2nd in the CIS division in a time of 13m 52.6s. This result qualifies Benjamin for the NSW team for the Australian All Schools Cross country.

Georgia Phillips competed in the 16yrs 4000m and placed 16th overall and 6th in CIS in a time of 16m 41.1s.

Adam Bruntsch and **Ashton Hanna** were

competing in their final NSW All Schools Cross Country, running in the 18yrs 8000m event.

Adam qualified for nationals when he placed 5th overall and 2nd in NSWCHSSA results in a time of 27m 17.7s. Ashton was 17th overall and 6th in NSWCHSSA in a time of 30m 21.5s.

Nicholas Woodhouse was our final competitor acting as a guide for **Alexander Evans** in the Multi-Class Secondary 3000m event. Alex and Nicholas finished in a time of 24m 35s to place 9th in the Boys 12-14yrs.

We wish Adam, Benjamin and Georgia all the best for the national cross country to be held in Adelaide in late August.





ATTENTION ALL HIGH SCHOOL ATHLETES! ENTRIES FOR THE NSW ALL SCHOOLS TRACK & FIELD CHAMPIONSHIPS ARE NOW OPEN



One of the biggest athletics carnivals of the season is the NSW All Schools Track and Field Championships and entries are [now open](#). The Championships are open to any high school athlete and will be held at SOPAC from **24th to 27th September**. There is no qualifying event. It is a terrific opportunity to pit yourself against athletes from across the State in a variety of events. Ryde athletes have had some great successes over the years at NSW All Schools and many new personal bests have been set. If you would like to have a go then sign up now.





TEAM RYDE

Gold for Gold

On Sunday 21st August, Collection Day for Ryde Little Athletics at Dunbar Park, Ryde Senior Athletics will be having a fundraiser cake stall to help raise funds to assist our Ryde athletes who make NSW Teams for national championships.

Each year we provide financial assistance to those athletes and families who help contribute to our Fundraising events.

Our thanks to Ryde Little Athletics for letting us host. We will be running a delicious cake stall where we are asking you to give a gold \$2 coin to purchase a cup cake, slice, muffin, tart etc to help raise funds.

So please go Gold to help our athletes go for GOLD in 2022/23 at nationals.

If you can help on the Stall (from 10am-2pm) or drop off some cup-cakes, slice, cake etc then please let contact lbergfield @hotmail.com

OTHER RYDE SENIORS FUNDRAISING EVENTS FOR 2022/23

Each season we have a number of Fundraising events to help meet the Division's costs as well as to help make donations to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas. In past seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, the Australian Track & Field Championships, Australian All Schools Cross Country Championships and the Oceania Athletics Championships.

This season we will be holding a number of fundraising events and hope that you can help. Please put in your diaries the following days for which we will be needing helpers this season

Blackmores Marathon 18th September- This is a fun job based out at Moore Park, providing a drinks table as the runners come through. It is an early start but over by mid morning. It is an exciting role to be part of the marathon. Free t shirts, caps and refreshments are provided for all volunteers.

On Sunday the **28th August** we will be running an all day Bunnings BBQ at the Bunnings at Gladesville from 7.30am to 4pm and would welcome helpers to cook, serve, act as cashier and keep the area tidy. Last year we had many enthusiastic helpers and everyone said they enjoyed their shift. We hope to have lots of helpers out again this year.

If you can assist then please contact Chloe Davis our Fundraising Coordinator at chloeemadavis@gmail.com

Winter Cross Country Results

The Sydney 10 & Supporting events

The Sydney 10km and supporting events including the 5km Run was held at SOPAC on May 1st and Ryde was represented by three runners as well as one of their Mums.

The **Woodhouse boys, Nicholas and Benjamin**, both competed in the 10km event along with mum, **Chelsea**. Benjamin came home in a time of 36m 29.28s came home 12th in the U20 age group in the 10km Road Championship event. Nicholas crossed the line in 42m 54.81s for 21st in the U20 group. Chelsea rounded out the strong effort from the family with a time of 51m.21s to claim 19th spot in the 45-49yrs age group.

Georgia Phillips was our only competitor in the 5km event and Georgia was 13th in the U18 event in a time of 21m 04.17s



Below the Woodhouse family Nicholas, Chelsea & Benjamin. Bottom Nicholas out on the course.





Above Chelsea Woodhouse

NSW Cross Country Relay Championships

The **NSW Cross Country Relay Championships** were held at Upjohn Park on the 4th June and Ryde were represented by 2 teams.

Our Under 20 Boys team competed in the 4 x 3km Relay event and finished in 4th place. This was a great effort considering two of the runners, Axel & Benji are U15's .



Our runners and their times were:-

Adam Bruntsch 9 mins 56 secs
Axel Bruntsch 11min 02 sec
Ashton Hannah 10 mins 25 secs
Benjamin Woodhouse 10 mins 57 secs
 for a total time of 42 mins 15 secs.

Our Under 20 Girls team competed in the 4 x 3km Relay event and finished in 6th place . Our runners and their times were: -

Georgia Phillips 12min 05 secs
Claudia Wilson 12min 55 secs
Elysha Pawsey 15 min 28 secs
Zara Pawsey 13 min 48 secs



Left Ashton, Above Adam & below Axel





Above Benjamin & Zara. Below Georgia & Claudia





Above Elysha running the third leg in the U20 4 x 3km relay

The NSW CIS Cross Country Championships were held at Eastern Creek on Thursday, 13th June and we were represented by 3 athletes.

Benjamin Woodhouse (below) had an excellent run placing 3rd in the 14yrs 4000m event in a time of 14m 07sec. This qualified Benjamin for the NSW All Schools Cross Country Championships.



Georgia Phillips finished in 5th place in the 16 years Girls 4000 metres event in a time of 16 mins 20 secs. Georgia also qualified for the All Schools XC Championships.

Zara Warland placed 12th in the 18 years Girls 6000 metres event with her time of 24 mins 55.7 secs.

The NSW CCC Cross Country Championships were held at Eastern Creek on the 7th June and we were represented by 1 athlete.

Miah O'Shea placed 44th in the 15yrs 4000m in a time of 20min 36.9sec.

The Sydney North Regional Cross-Country Championships were held at Gosford on Friday, 21st June and we had 10 athletes competing there.

Axel Bruntsch placed 5th in the 14yrs 4000m event.

Chloe McGregor was 22nd in the 12yrs 3000m
Elisha Pawsey finished 33rd in the 16 years 4000m event.

Zara Pawsey finished 16th in the 14yrs 4000m event.

Ella McGregor placed 19th in the 14yrs 4000m event.

Alicia Leggatt placed 34th in the 15yrs 4000m event.

Lucas Low was 43rd in the 15yrs 4000m event.

Adam Bruntsch finished 2nd in the 18 years 6000m event.

Ashton Hanna placed 4th in the 18 years 6000m event.

Luke Moscos was 5th in the 13yrs 3000m event.

Congratulations to **Axel, Adam, Ashton and Luke** who were all named in the Sydney North team for NSW All Schools Cross Country.

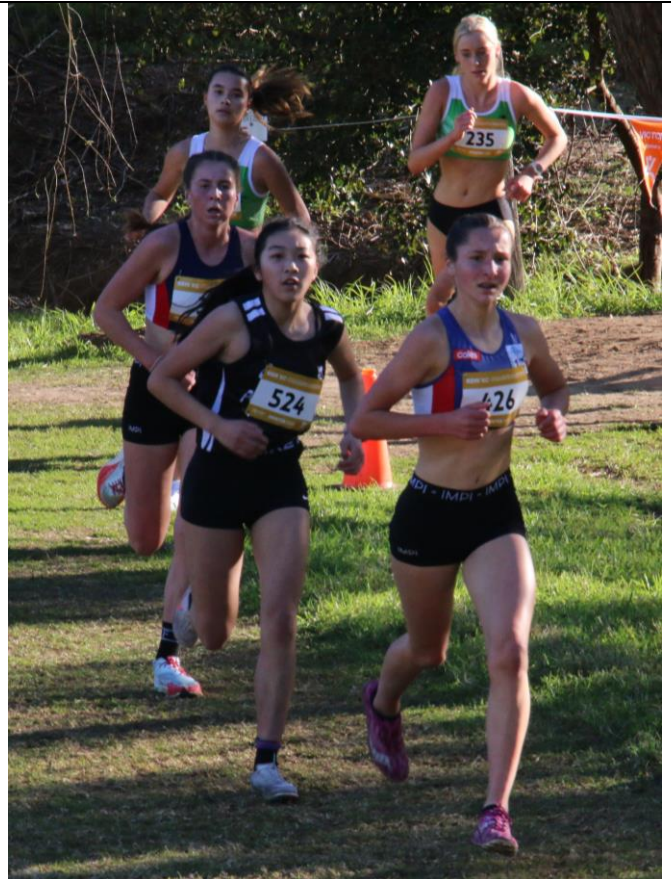
Athletics NSW State Cross Country championships

At the **NSW Cross Country Championships** held at Willandra on Saturday, 18th June three Ryde Seniors were on the course.

Benjamin Woodhouse continued his excellent cross country season when in an exciting finish that saw only one second difference between second and third, Benjamin picked up the bronze medal in the 14yrs 4000m in a time of 13min 42sec.



Above and below, Benjamin – scaling a decent hill below! At right Georgia, in the mix.



Georgia Phillips had a good result as well, finishing 9th at State in the 16yrs 4000m Women's event in a time of 15min 56sec.

Adam Bruntsch was our final competitor, running in the 8km U20 event. Adam finished in a time of 28min 28sec to place 12th at State.

Can you help at Blackmores Marathon?

We have been given an opportunity to raise some additional funds through volunteering at the Blackmores Sydney Running Festival on Sunday 18th September. For those that have volunteered before, it is the same location near the SCG, handing out water to runners during the event. Full information below:

- **Sunday, 18 September 2022**
- **Drink Station 3**
- **Moore Park (Driver Avenue, near the SCG)**
- **17 volunteers needed**
- **6:30am – 10:15am**

We are looking for 17 volunteers. If you are interested, please let Chloe know at chloeemadavis@gmail.com so she can get in contact with the Volunteer Coordinator at Blackmores. You are provided with a souvenir t-shirt, cap and food and drink for the morning and get to experience the thrill of a marathon up close.

The funds raised through your volunteering will assist in the club funding athletes who travel interstate for competitions. Only athletes whose families assist in fundraisers throughout the year are eligible for this.

Pole Vault interest leaps at Ryde

Over the off season we've had a few more Ryde athletes take on the Pole Vault event. With training and events being held at Narabeen we now have a regular group learning the art of the high flying event.

From the monthly competitions held in May, June & July a number of our Ryde Seniors have been landing their season pb's. In the May competition the results were **Steven Barlow** 2.60m, **Zara Pawsey** 1.80m, **Daniel Cox** 2.00m, **Claudia Barlow** 2.00m. In the June competition the results were **Claudia** 2.00m, **Zara** 1.80m, and **Elysha Pawsey** 1.80m. On a wet Saturday in July, Steven leapt to 2.50m and Claudia to a new PB of 2.10m.



Above Zara, Alysha, Claudia, Steve & Daniel . Thank you to Nick Pawsey for the photos

Vale Ron Wills, Ryde Athlete.

It is with much sadness and many fond memories that we farewell our oldest registered club athlete, Ron Wills who passed away in June at the age of 82.



Ron's association with the club goes back many decades and his daughter Jenny was a Ryde Little Athlete back in the 1980's. In the past eleven seasons Ron has competed for Ryde Seniors and in that time has won many State Masters titles and medals in the 400m and 800m events. From our Annual Report records it would seem that Ron's first season with Ryde Seniors in 2011/12 saw him win the state title in the Men's 70yrs+ 800m (2m 56.15s) as well as be a part of the NSW Masters 4 x1500m team that smashed the existing Australian Masters record by three minutes. By the end of his second season with Ryde Ron had set new Ryde best performance on record in every track event from 100m to 3000m (70yrs+) as well as four Ryde Senior Club records. By the end of 2020/21 season Ron had extended that to 14 Ryde Best Performance on Records as well as 8 Ryde Senior Club Records. At our annual presentation day, Ron won the Best Veteran Track Athlete Trophy no less than five times.

Ron was a regular competitor down at Rotary Athletics Field for many seasons on Saturday afternoons and would generally compete across a number of short and middle distance events. Ron was also a regular attendee at our Ryde Senior



Championships mornings. He was a familiar, friendly face around Dunbar where he would regularly train all year around. Ron was an avid fan of Footprint and keenly followed the achievements of our younger Ryde Senior athletes.

In his working life Ron was an Emeritus Professor in the College of Engineering, Science and Environment (Applied Sciences) at Newcastle University.

Ron showed that you are never too old to do what you love, and kept on running for as long as he could.

To Ron's family we offer our sincere condolences. Vale Ron from your Ryde family.



ATHLETICS ISN'T JUST FOR TOTS TO U17'S.



DID YOU KNOW RYDE DADS AND MUMS JUST LIKE YOU COMPETE ALL OVER SYDNEY IN ATHLETICS EACH WEEKEND AND WON STATE MEDALS IN JUMPS, THROWS, WALKS, POLE VAULT, MIDDLE DISTANCE AND STEEPLECHASE LAST SEASON? WHAT'S STOPPING YOU FROM GETTING OUT THERE AND HAVING A GO? WHY NOT GET FIT, GET AMONGST IT AND CHALLENGE YOURSELF BY JOINING RYDE SENIORS TODAY?

Masters Athletics starts at just the age of 30. Many of our Masters' Athletes have been competing at Masters level over the past seasons and each season contest the state and national and even world championships. These carnivals have a great atmosphere as well as giving you the opportunity to compete against the best in your age group. There is genuine camaraderie amongst the athletes from all the clubs as everyone cheers on each other to do their best.

The Australian Masters Championships will be held in Sydney in March 2023, so why not join now?

If you register as a Ryde Senior you can enter track and field competitions that are held across Sydney every weekend. Track events are seeded, based on PB's, so athletes run against athletes of similar ability regardless of age. Closer to home, there is competition at Rotary Field, Mowbray Road every Saturday afternoon and these are a good way to ease yourself back into competition.

At Ryde we enter Vet teams in the ANSW State Relays and our boys throws team (2021 gold and silver medal winning team pictured above) have featured in the medals every year for more than a decade. We'd love to get some track and jumps teams out there as well in November 2022.





Please email lbergfield@hotmail.com if you are interested and would like more information about joining us a Ryde Senior.

ANSW expect to open their registrations for Senior athletes and dual registered little athletes around mid-September.

They have not as yet advised their fees for the 2022/23 season.

If you were registered with ANSW for the 2021/22 season your registration doesn't expire until 30th September 2022.

We hope that they will publish the season calendar at the same time.

Great results for Ryde Athletes at the CHS Sydney North carnival

At the Sydney North School Sports Association which was held at SOPAC from 24th-25th July our Ryde athletes recorded some terrific results & two of our athletes, **Zara Pawsey** & **Aiden Wright** finished the carnival as the 14yrs Age Champions.

Luke Moscos (Epping Boys High) had a terrific start to his season when he finished with a 7 second PB in the 13yrs 800m to place 2nd in a time of 2m 13.92s. This time is under the current National Qualifying time for U15's for nationals, so a great start for Luke. Luke was also to place 3rd in the 1500m in a time of 4m 53.01s. Luke will compete at the CHS Championships.



Zara Pawsey (Riverside Girls) had a busy two days and put in some excellent performances, achieving some new PB's along the way and finishing as 14yrs girls Age champion.

Zara was 1st in the 90mH in a time of 14.87s, 2nd in the 12-15yrs 200m H (32.27s) ran 27.78s to place 3rd in the 200m, was 2nd in the 400m in 63.58s, 5th in the 800m (2m 41.35s), 6th in the high jump (1.40m) and 3rd in the long jump (4.73m). An excellent set of results!



April Bateman (Cheltenham Girls) was one of our youngest competitors, and like Zara competed across multiple events. April will go through to NSWCHSSA after placing 2nd in the 12yrs 100m (14.44s), 2nd in the long jump (4.03m), 3rd in the 200m (30.91s), 2nd in the 80m H (15.53s), 8th in the high jump (1.20m) and 10th in the discus (14.83m). **Charlotte Nagle** (below) (Riverside) placed 8th in the 14yrs 100m (13.99s) 4th in the 12-15yrs 200m H (35.88s) and was 9th in the high jump (1.30m).



Ruby Collins (Riverside) was 9th in the 15yrs 100m (14.28s) and 6th in the long jump (4.28m).

Aliana Moala (Riverside) ran 14.32s to place 4th in the 16yrs 100m. Aliana was 5th in the high jump (1.35m), 4th in the long jump (4.51m) and will get through to NSWCHSSA after placing 2nd in the triple jump (10.35m).

Below Aliana through to CHSSA in the triple jump.

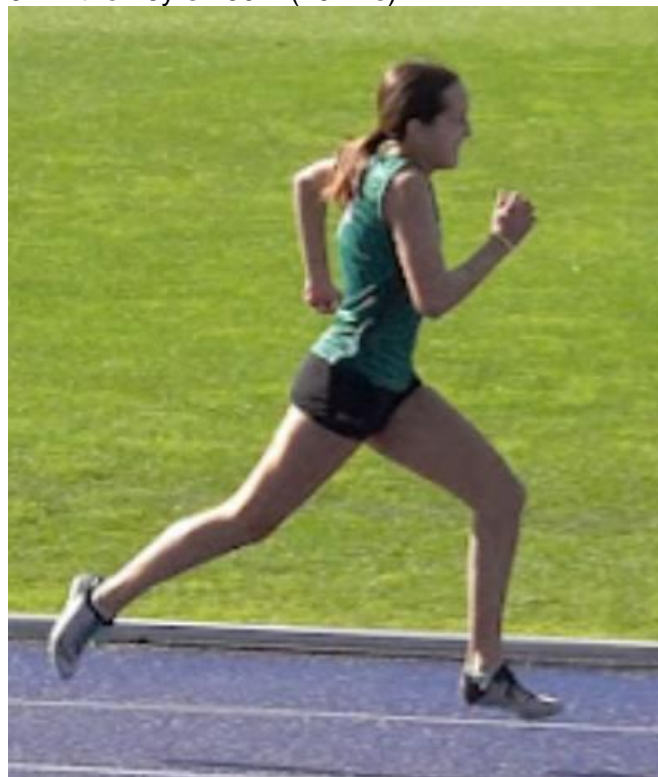


Kaitlyn Martin (Hunters Hill) finished in 5th spot in the 16yrs 100m (13.61s). Kaitlyn was too good for the competition, placing 1st in both the 400m (63.66s) and 400mH (73.60s). Kaitlyn also placed 3rd in the 200m (28.19s).



Emelia Webb (Hunters Hill High) was 7th in the 13yrs 100m (13.89s), 7th in the 200m (29.59s), and 6th in both the long jump (4.08m) and the high jump (1.30m).

Elysha Pawsey (below) (Riverside) was to finish 9th in the 16yrs 200m (29.77s).



Alicia Leggatt (Riverside) finished in a time of 70.46s to claim 5th spot in the 15yrs 400m. Alicia was 7th in both the 800m (2m 53.01s) and 1500m (5m 56.37s).

Chloe McGregor (below) (Riverside) just missed out on CHS when she placed 4th twice – first in the 12yrs 800m in a time of 2m 47.68s and also in the 80mH (17.15s). Chloe also threw 12.93m to place 11th in discus.



Ella McGregor (Riverside) competed in the 12-14yrs 3000m and placed 8th in 13m 12.96s.

Mikayla Kelleher (Riverside) was 2nd in the 17-19yrs 400mH in a time of 79.30s, 4th in the long jump (4.63m) and triple jump (9.70m) and 5th in the discus (21.66m).

Jess Koussas (Ryde Secondary) had a good meet placing 2nd in the 14yrs high jump (1.43m), 1st in both the discus (30.29m) and javelin (31.22m) and 5th in the shot put (8.24m).

Mia Marshall (Hunters Hill) competed in the 16yrs long jump and placed 9th with a leap of 3.93m.

Maddison Duncombe (below) (Riverside) was the winner of the 16-19yrs outdoor pentathlon finishing with a total of 1529 points. Her event results were - 200m (31.12s) 800m (4m 02.44s), high jump (1.20m), shot put (8.94m), long jump (4.16m) .
Maddison also placed 11th in the 16yrs long jump with a leap of 3.71m, was 7th in the shot put (8.87m), 6th in the discus (23.56m).



Mikayla Duncombe (Hunters Hill) had a strong meet and will got through to NSWCHSSA after placing first in the 13yrs discus (27.62m) and 3rd in both the 12-14yrs javelin (22.54m) and shot put (8.49m).

Claudia Barlow (Hunters Hill) was also competing in the throws events and placed 9th in the 15yrs shot put (8.37m), 5th in the discus (23.18m) and 11th in the javelin (17.09m).

Isabella Barbara (Cheltenham) had a great meet and was our only record setter when she landed the shot put at 10.40m to claim the Sydney North record for 15yrs girls. Isabella had also claimed the school record at their carnival. In discus Isabella placed 6th with a distance of 22.53m.



Congratulations on your Sydney North record Isabella.

Our 14yrs boys age group at Ryde is strong across track and field and our boys were right across the results at Sydney North.

Yahya Ali (Ryde Secondary) won the blue ribbon 100m in a time of 11.58s.

Aiden Wright's (Ryde Secondary) results suggest he is well on his way back from injury. Aiden was 3rd in the 100m (11.99s), 1st in both the 200m (24.25s) and 12-14yrs 400m (54.24s). Aiden also secured a spot at NSWCHSSA with a 5.28m leap in the long jump to place 2nd. Aidan also won the 14yrs Age Championship.

Oliver Tsang (Epping Boys) had a great meet too posting PB's. Oliver placed 3rd in the 14yrs long jump (5.16m) and placing 3rd on count back in the high jump that saw the top three jumpers all finish with the same height (1.68m). Oliver also placed 9th in the discus (23.17m) and 8th in the javelin (22.08m).



Above Yahya in the 100m and at right Yahya & Aiden on the way to winning the 15yrs 4x100m relay .

Axel Bruntsch (Epping Boys) and **Alexander Holodenko** (Carlingford) both competed in the 14yrs 800m. Axel won the event in a time of 2m 11.10s and Alexander was 6th with a new PB time of 2m 25.73.

James Woods (Epping Boys) showed his off season training has been worth it with some solid new PB times. Competing in the 14yrs 100m H James just missed a spot at State by 2/100th of a second when he placed 4th in a time of 17.42s.

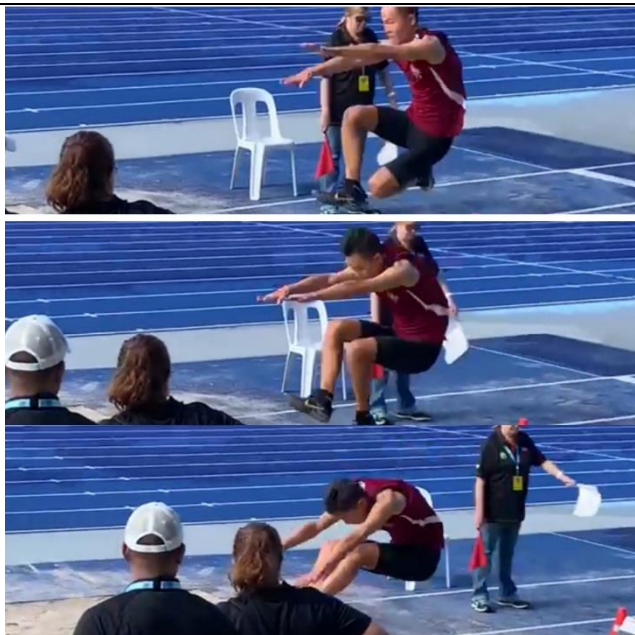


James again placed 4th in the 12-15yrs 200m H in a time 30.99s – not far off the NQ time. In his final event, the 12-14yrs 400m James finished with another PB time (58.25s) to place 7th.

Ashton Hanna (Epping) ran in the 17-19yrs 200m and placed 8th in a time of 24.83s. In the 1500m Ashton finished 3rd in a time of 4m 16.94s

Below; A number of our Ryde boys were out in action in the relays including below James, Brendan, Oliver and Aidan





Above Oliver gets some height in the long jump. Below Ashton through in the 1500m . Bottom Lucas started the season with two PB's.



Above Daniel clear over the hurdles and off to CHSSA. Below Lucas cut 5 and 10 seconds respectively off his previous PB's in the 800m & 1500m.



Daniel Cox (Epping Boys) competed over the hurdles and high jump. In the 13yrs 90m hurdles Daniel was 2nd in a time of 15.24s. In the 12-15yrs 200m H Daniel placed 6th in a time of 32.47s. In the high jump Daniel managed a clearance of 1.46m for 4th spot

Lucas Low (Ryde Secondary) had a great start to the season when he cut his PB by 5 seconds when he stopped the clock at 2m 19.57s to place 8th in the 15yrs 800m. Lucas was also 8th in the 1500m in a new PB time of 5m 04.02s.

Adam Bruntsch (Epping Boys) was the clear winner in the 17-19yrs 800m when he finished in a time of 2m 01.57s. Adam finished 2nd in 3000m in a time of 9m 17.67s

Brendan Mannasz (Epping Boys) won the 17-19yrs high jump with a clearance of 1.85m. **Aidan Mannasz** leapt 12.07m in the 17-19yrs Triple jump to place 7th.

Owen Chandler (Epping Boys) leapt 11.71m in the 15yrs Triple Jump to finish 2nd and secure his spot at CHSSA.

In Relay reports that I heard, **Mia Marshall** and **Kaitlyn Martin** were members of the Hunters Hill Girls team that won the 16yrs 4x100m Relay (54.14s). **Zara Pawsey** and **Charli Nagle** were members of the 14yrs 4 x100m riverside team that placed 2nd (54.42s) **Aiden Wright** and **Yahya Ali** ran the last two legs of the 15yrs 4 x100m Relay team for Ryde Secondary that finished 1st (46.33s). **James Woods** and **Oliver Tseng** ran for Epping Boys in the 14yrs 4 x100m (9th 56.27s) and **Aidan and Brendan Mannasz** were in the 17-19yrs 4 x100m team for Epping boys and finished in 10th place in a time of 47.20s . (*Apologies to anyone missed as I can only go on what I've been told as team members aren't listed.*)

**Seniors Committee
2022/2023**

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Andrew Atkinson-
Howatt
Ross Forster, Andrew
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**Congratulations to Alyssa Lowe
– silver medal at Oceania Area
Athletics Championships**

Former Ryde Junior & Senior Athlete, **Alyssa Lowe** came home from her second Oceania Athletics Championships with a silver medal.

Representing Australia in the U20 Women's Long Jump, Aly's first jump of 6.00m put her in the gold medal position, a spot Aly was to hold until round 4 where she was overtaken by just 2cm. The jump though was good enough to hold her the silver medal spot and be her season's best performance.



Congratulations to Ruby Worrell – Ryde Sports Foundation award winner.

On Friday 5th August **Ruby Worrell** was one of 12 local athletes whose achievements were celebrated at the annual Ryde Sports Foundation Sports Star of the year award.

Ruby was nominated by Ryde Seniors for her stellar 2020/21 season that saw Ruby set a new NSW All Schools 14yrs 400m record, finish the year ranked 1st in Australia in the U16 age group and then win an individual silver in the U16 400m at the 2021 Australian Track and Field Championships and Gold in the u16 4 x200m.

Friday night actually saw Ruby run her first race for 2022, after a stress fracture to her foot saw Ruby sit out the back half of the 2021/22 season. We're please to report that her first race back out at the IGSSA Friday night meet was pain free.

Ruby was interviewed by TV sports personality **Stephanie Brantz** (below) and in recognition of Ruby's nomination she was presented with a cheque for a \$1000 and a trophy. We thank the Ryde Sports Foundation, the TWT & Club Six for the support they give to athletes across the Ryde area.



On the night we shared our table with another nominee, **Yolanda Schmidt**, who many of our Riverside Girls would recognise as a former PDHPE teacher at the school, Yolanda was pleased to catch up on how the girls had done at Sydney North and wishes them all the best for CHSSA!



Above Ruby with former Riverside PDHPE & PE teacher Yolanda Schmidt and below with her trophy.



It was also a lucky night for the Worrell family who won three different draws of the raffle prizes during the night winning a total of \$250 in vouchers!

NSW Short Course Cross Country Championships

The NSW Athletics Cross Country season came to a close with a final event for our runners, especially those heading off to Adelaide for the Australian Cross Country championships later this month.

Running on a very muddy course, **Adam Bruntsch** (below) competed in the U20M 4.5km Run and placed 5th overall in a time of 16min 22sec.



Georgia Phillips ran a time of 13min 37sec to come home in 8th place in the U18W 3km race.

Axel Bruntsch (at right) also placed 5th when he competed in the 15yrs and Under 3km event when he finished in a time of 11min 57sec.



Got something to tell us? Have we missed some results? Please send any results and photos to lbergfield@hotmail.com for future Footprint editions throughout the season.